

SPRING 2011

SCHEDULE OF CLASSES & EVENTS

Please drop by Moonrise Herbs on the plaza or call at 822-5296 for updated information on additional classes and/or Free Talks, and also for more detailed information on the following classes. Class sizes are limited so register early. Free tea will be served at all classes and the store remains open after class for purchases.

INTRODUCTION TO SHAMANISM with Michal Mugrage

Wednesday, February 23rd 7-8:30pm, FREE!

Shamanism is one of the oldest systems in the world for acquiring knowledge and accessing healing. For thousands of years, shamans have worked in realms that lie beyond what can be seen by the naked eye. In this elder tradition of perceiving reality, it is known that everyone has the ability to communicate with the spirits of Nature, their Ancestors and the Source of Life. The shamanic journey is one of the oldest technologies for understanding the world of spirit and energy. It has been the foundation of spiritual and healing practices of vast numbers of cultures for thousands of years. Today, the shamanic journey still offers a dependable method for accessing wisdom, guidance and the power to effect change. Come to this evening talk and learn more about how this time-tested methodology can be a valuable resource on your spiritual path. Class is free of charge.

INTRODUCTION TO HYPNOTHERAPY AND SELF-HYPNOSIS with Marcella Bixler

Thursday, February 24th from 7-8:30 pm, cost is \$5

Hypnosis is a channel of communication between the conscious and subconscious mind. In opening to this deeper level of awareness, our 'rational' mind is able to partner with our subconscious mind – thereby engaging our full selves in the process of healing, renewal, and well-being.

In this workshop, you will learn

- What hypnosis is (and isn't)
- How hypnotherapy can benefit you
- How to use self-hypnosis as a tool for healing

A group hypnosis session is included!

Marcella Bixler, M.A. Psychology, is a Clinical Hypnotherapist in private practice in Arcata, CA.

Cost is \$5

THE FIVE ELEMENTS – JOURNEY INTO A NEW VISION OF YOUR WORLD!

with Anastacia White

Six Tuesdays, March 1st- April 5th from 7-9 pm, cost is \$175

Following the ancient roadmap of cycles, we are offered a deeper connection to the earth and a profound look into ourselves.

Learn to balance the elemental influences with:

- Herbs
- Diet
- Essential Oils
- Movement
- Daily practices

Anastacia White, Chinese Herbalist has presented workshops, seminars and classes on Chinese medicine and culture since 1985. Anastacia has blended her simultaneous studies of meditation, psychology, astrology, movement & ritual to create these unique classes.

MEET THE MIDWIVES *with the Humboldt Homebirth Alliance*

Thursday, March 3rd from 7-9pm, FREE!

Pregnant or planning to be? Interested in midwifery, homebirth, or women's health? Join us for an evening of conversation about topics such as:

- Midwifery Care from Preconception through Postpartum
- Well-woman care in a midwifery practice
- Planning for your birth and preparing for labor
- Safety in the homebirth setting

We will also watch a birth film and have plenty of time for your questions.

The Humboldt Homebirth Alliance is a group of local midwives, providing personal, family-centric care throughout the childbearing cycle. Visit: www.californiamidwives.org, then click on "Find a Midwife" for Region 1 to get in touch with a midwife in your area.

KMI STRUCTURAL INTEGRATION: EVOKING HUMAN POTENTIAL

with Patrick Harestad

Wednesday, March 30th from 7-8:30pm, donations accepted

What is KMI ? One of the world's premier systems of transformational bodywork. Kenisis Myofacial Integration is based on Dr. Ida Rolf's work with Tom Meyer's unique map of the myofacial meridians known as the "Anatomy Trains" as the guiding principal underlying it's systematic approach to the body.

Who is it for? Anyone with physical limitations, chronic pain, or the desire for greater freedom of movement. This work is designed to recognize and effectively deal with structural imbalances that rob the body of it's vitality

How do you learn more about it? Come to the presentation at Moonrise Herbs! Patrick is a board certified Structural Integrator, and member of the International Association of Structural Integrators. Patrick has a practice in Arcata and can be reached at (707) 616-4117.

Public talk, donations accepted