



Children & Family Optimal Health Wellness Pod

"It is easier to build strong children than repair broken men and women." ~ Frederick Douglass

Please join us for a six-week in depth workshop taught by Dr. Robyn Benson, DOM and guest practitioners. You will learn about the best of natural medicine, healing/wellness modalities, nutrition, crisis management and the value of exercise and self-esteem for achieving optimal family health in this time of great global change. Following is a brief description of what we will be exploring in these six interactive sessions:

Session #1: (8/11) In this first class we will go over in detail what you can begin to do to improve the health and vitality of your children and family.

Session #2: (8/18) Today we learn about nutrition and healthy food choices. Lisa Giannini, Nutritional Educator, will serve us samples of nutritious meals, and discuss helpful ways to create a daily, nutrient rich food plan for your family. This class will be held at BODY Santa Fe and includes a presentation by Body founder Lorin Parrish.

Session #3: (8/25) The third class will focus on the benefits of creating your own herbal pharmacy. With 50,000 known healing herbs worldwide, you will learn about the best natural remedies for your family's optimal health.

Session #4: (9/8) Today we will learn how to deal with emotions and trauma through energy medicine techniques etc. Michal Hall Curry CHTP, our guest speaker, will teach the head to heart reconnection technique and other invigorating exercises which often lead to emotional freedom.

Session #5: (9/15) Empowering Active Lifestyles. Exercise, movement and rest are essential for families to maintain health in our stress-filled, face-paced lives. Molly Rose, our guest speaker tonight, will share her wisdom and experience on how best to incorporate movement into your daily lives. Your children are invited and please feel free to bring a friend if you wish.

Session #6: (9/22) In this final class we will explore the important role of self-esteem in healthy families. With the help of David Herzenberg, facilitator with Boys to Men New Mexico, and Harmony West, a children's educator and women and girl's circle facilitator, we will learn how to cultivate self-esteem and support at home.

Please bring something to write on and be prepared for exciting healthwork and homework.

Aug. 11 – Sept. 22, 2011

**Thursday evenings
from 6:30pm – 8:30pm**

Apply for Scholarships online

15 Scholarships available

Registration Deadline: July 28

Call 660-1907 for more details

**Classes will be held at
Santa Fe Soul Health & Healing Center
and BODY of Santa Fe**

★ **Apply online at santafesoulfoundation.org or drop by 2905 Rodeo Park Drive East Bldg. 3 Santa Fe, NM** ★

Other Wellness Pods being offered on stress reduction strategies, chakra balancing, yoga for PTSD, and taking steps to realize your goals