

QuietStar's Fall 2010 Cuesta Community Program Classes
All classes will be held at QuietStar Center for Transformation
Pre-registration, please at www.CommunityPrograms.net or call 546-3132

MASSAGE FOR FRIENDS

Want to do a great job when someone says, "Will you rub my shoulders?"
Join us for a sample of easy-to-master techniques for neck, back and feet including reflexology and acupressure points that really work! Elaina will be assisted by massage therapists from Quietstar Center. For the comfort of everyone, please come unscented.

DATE: 1 Sat, Oct 23, 2010

TIME: 1:00 - 3:30pm

CLASS FEE: \$28 (\$25...Bring a friend)

COURSE #:

INSTRUCTOR: Elaina Geltner (bio below)

THE GIFT OF ADHD

Could seeing the diagnosis of Attention-Deficit Hyperactivity Disorder as an adaptive and successful genetic minority in this culture, or as a very logical response to a more sensitive and needed neurological system lead to better management of the symptoms and to new options for self-empowerment and full expression of talents? Join us to explore this question and learn some practical steps to help turn these apparent liabilities into assets. For the comfort of everyone, please come unscented.

DATE: 1 Mon, Oct 4, 2010

TIME: 6:00 - 8:30pm

CLASS FEE: \$28

COURSE #:

INSTRUCTOR: Kathryn Brewer (bio below)

ANYONE CAN DO REIKI!

You've heard about Reiki, Energy Healing, Chakras and Spiritual Energy Healing but what does it all mean? In this experiential class you will learn about several different energy healing methods. You will learn how to apply these methods to help heal yourself, your pets, even your plants. For the comfort of everyone, please come unscented.

DATE: 1 Wed, Sept 29, 2010

TIME: 6:00 - 8:30pm

CLASS FEE: \$28

COURSE #:

INSTRUCTOR: Dale Becherer (bio below)

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HOW NOT TO BE SICK AND TIRED

Explore the 4 most important steps to reverse the damage done, and start on a new path of health and healing:

- Toxins out
- Nutrition In
- Minimize and counteract Electrical Exposure.
- Release Stress

And, perhaps even enjoy the journey! For the comfort of everyone, please come unscented.

DATE: 1 Mon, Nov 15, 2010

TIME: 6:00 - 8:30pm

CLASS FEE: \$28

COURSE #:

INSTRUCTOR: Laura Lee Waldorf (bio below)

Bio's:

Elaina Geltner, Co-director of QuietStar Center for Transformation, received her Massage Practitioner certification over 20 years ago, and considers massage a necessity, not a luxury, for the health and wellness of body-mind-and spirit. Her webpage www.QuietStar.com/Elaina.htm has lots more info.

Kathryn Brewer, MFT, LEP has had over two decades experience as a School and Educational Psychologist and Marriage and Family Therapist. Her own healing journey has led her through many training programs in intuitive healing, energy psychology and the integration of science and spirituality. Her primary focus is with children and teens, especially those sometimes called the "new humans." Visit www.QuietStar.com/newkids.htm for more information.

Dale Becherer, MFA, CMT, Nationally & State Certified Massage Therapist, Reiki Master & Teacher -

Dale has been Teaching and Designing Theatrical Scenery and Lights at Universities from Coast to Coast over the last 24 years. Always knowing this was a "temporary" profession while he became more fully developed on his healing path, he pursued massage, Reiki, spiritual and energy healing on the side. After several years of performing these practices in tandem with his performing arts career, he has now brought them into full focus in his life.

Laura Lee Waldorf is a certified Bonnie Prudden Myotherapist and Natural Health Consultant who is committed to assisting people in their quest to take back responsibility over ones own health or sickness. She provides an interactive self-healing how-to program developed through over 20 years of study and experience.