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Experience the Beauty of “Indigenous Medicine” integrated with modern science based modalities - a unique sensory, emotional and psychological experience which supports physical health.

2015 Indigenous Medicine Series –



Experiential and Educational Series is provided by Sofia Chavez-Hilton, Founder of Estara Health & Wellness, Graduate of Metropolitan State University, BS in Integrative Therapeutic Practices, Candidate Doctorate in Natural Medicine, Assoc. Degree in Occupational Therapy, Licensed Massage Therapist, Clinically Certified Aroma-therapist, Reiki Master-Bio Field Trained, Trained in Curanderismo, Meso American Healing Systems, Sound and Healing Modalities, Advanced Auricular Medicine. CO Reg. Psychotherapist. Participated in 2009 Pilot Research Project, partnerships to facilitate integration of Curanderismo into Primary Care. 2012 Observational Study using Indigenous Reiki TM on Chronic Pain. **You must pre-register at www.EstaráPrograms.com via paypal. Classes held at MSU Tivoli and Lakewood 5th Ave. locations- please confirm class location at 303-238-2777**



| Date | Time | Topics-Third Thursday of the Month | Cost |
|------------|--------------|--|-------|
| 2/19/2015 | 6pm – 8:30pm | Intro to Series starts with Emotions-Organs-Pain Body | \$20 |
| 2/21/2015 | 10am-5:00pm | Reiki I, Feb. 21-22 nd /2 days | \$100 |
| 3/19/2015 | 6pm – 830pm | Aztec & Mesoamerican Aromatherapy | \$20 |
| 4/16/2015 | 6pm – 830pm | Indigenous Sound & Healing-The Shaman’s Horse | \$20 |
| 4/18/2015 | 10am-5:00pm | Reiki II, (Estará Reiki I Required) April 18-19 th /Sat/Sun /2 days | \$200 |
| 5/21/2015 | 6pm – 830pm | Mesoamerican Acupressure Body & Auricular | \$20 |
| 6/18/2015 | 6pm – 830pm | Mayan Yoga-Tree of Life | \$20 |
| | | July-Aug. Dance of Flower Medicine travel to UNM Albuquerque NM and International Presentation in Denver | |
| *9/24/2015 | 6pm – 830pm | 4 th -Thursday-Meridians, Etheric Body and Chakras | \$20 |
| 10/15/2015 | 6pm – 830pm | Cosmic Forces – Mindfully Working with the Web of Life | \$20 |
| 10/17/2015 | 10am-5:00pm | Reiki I, Oct. 17-18 th /2 days | \$100 |
| 11/19/2015 | 6pm – 830pm | Self- Care for the Practitioner | \$20 |

No Classes December 2015-January 2016

