

KARMA CLINIC: Healthy Fundraising

SCHEDULE: 4/30/17 Call 510-597-9923 to Register

CLASSES

Walk-ins Welcome

11am - 12pm - \$10[†]

Yoga for Healthy Digestion w/Anna Vaughan

Healthy digestion is the key to radiant health and spring is the perfect time clear out any winter stagnation. In this class we will use meditation and posture to strengthen the mind/body and ignite our digestive fire.

12:30 - 1:30pm - \$10[†]

Spring Time Yoga w/Theresa Kelly

Any transition from one season to another is a perfect time to rebalance and adjust your habits to cultivate your health and well-being. In the Springtime yoga class, Theresa will lead you through pranayama (breathing) and asana (poses) that lighten, lift, warm and energize, in order to shed Winter and balance the earthy energy of Spring.

2 - 3pm - \$10[†]

Connect with the Earth **Meditation Class**

w/Anna Weisman

The theme of this meditation class will be on connection with the earth. The class will include a guided meditation designed to relax the body and mind, prepare for deeper meditation, and will be followed by silent meditation.

[†]No one will be turned away for lack of funds!

SESSIONS

Call to Make an Appointment

11am - 4pm - 30 min sessions \$30[‡]

Polestar Mini-sessions w/Anne Shelton Crute

Chinese Polestar Astrology readings for individuals and groups help us understand our unique qi flow related to the greater, interconnected cycles of qi. Learn about your character and fate patterns based on your birth time and place.

11am - 1 pm - 15 min sessions \$35[‡]

5 Element Essential Oil Acupressure Treatments w/Denise & Kirsten

Denise Cicuto L.Ac and Kirsten Cowan L.Ac will offer 10-15 minute personalized consultations and a customized acupressure treatments using their unique essential oil blends designed to harmonize mind, body and spirit with the 5 elements of Traditional Chinese Medicine: Earth, Metal, Water, Wood and Fire.

11 - 1 pm - 30 min sessions \$25[‡]

Show Your Colors \$25 & up w/Kari Napoli

Cupping and Gua Sha to stimulate, move and heal. Both treatments are used to relieve stagnation of qi and can help remedy a variety of ailments including but not limited to chronic or acute pain.

1 - 4 pm - 30 min sessions \$50[‡]

Herbal Facials w/Prajna Choudhury

Luxurious and highly effective Chinese herb based products are used to cleanse, gently exfoliate, hydrate, and moisturize your skin. Then the therapeutic facial massage relaxes the muscle contraction that causes wrinkles.

[‡]Feel free to "plant more justice" by contributing more!

Sunday, April 30th Energy Matters Partner: **PLANTING JUSTICE**

Planting Justice is a grassroots organization with a mission to democratize access to affordable, nutritious food by empowering urban residents with the skills, resources & knowledge they need to maximize food production, expand job opportunities, and ensure environmental sustainability in the Bay Area.