

# WAINWRIGHT HOUSE NEWSLETTER

A quarterly publication of Wainwright House



Spring 2010

Volume 1, Issue 9

for the betterment of humankind



Driving from Paris to the Picardy region of France on a rainy, gray, November day made Chateau de Raincheval a difficult place to find. But for Jennie Marras and Eric Pickett, the search was well worth it. The engaged couple, who will marry at Wainwright House this summer, were very excited to find the chateau tucked deep into an overgrown forest.

Chateau de Raincheval was the magnificent location Colonel J. Mayhew Wainwright had in mind when he built Wainwright House in Rye in 1931. Chateau de Raincheval was the brigade headquarters of the U.S. 53rd

Infantry, 27th Division just before they moved to assault the Hindenburg Line on September 29, 1918 during World War I. On the eve before Colonel Wainwright was to lead his men to battle he promised himself that if he came through the war alive and made it back to Rye, he would build a chateau resembling Raincheval on the family land on Milton Point.

Today Chateau de Raincheval is as lovely and impressive as when Colonel Wainwright first saw it. It is owned by the same family since 1719 when it was built.

*for more photos go to page 3*

## Some Upcoming Events

### Landscapes

Paintings by Marion Ranyak

Art Reception

Sunday, April 18, 3 - 5 PM

### Environmental Film

co-sponsored Rye Nature Center

Tapped

Thursday, April 22, 7:30 - 9 PM

### Use Your Body to Heal Your Mind

with Dr. Henry Grayson

May 7, 8 see program insert

### Friends' Summer Picnics

Thursdays, June 17, July 15

6:30 - 9 PM

### Summer Solstice Ceremony

June 21, 6:30 - 9 PM

### Sunset Tarot

with Michael Orlando Yaccarino

Thursdays, May 27, June 10 & June 24

### Mark Your Calendar!

Annual Healing Arts Fair

Saturday, August 7, 11 AM - 5 PM



# Channeling & Drumming with Native Americans

In the 1600's, a small group of settlers entered into a treaty with the Mohegan Indians for the land between Milton Point, Rye

American spirituality has always been an important part of Wain-

own spirit and join us for two powerful programs to connect with those who graced this land

On Sunday, April 11, Channel Judith Star-Medicine will invite

you to ask questions of Grand-

(name,) a deceased Lakota Holy Man and mentor to Grand-

liam Evarts, apprentice to Don Miguel Ruiz, will join Judith in

this unusual interactive program entitled "Grandfather Eagle

Valerie Stiehl, a spiritual facilitator and channel, will share some of the wisdom she gained while living with the Lakota Sioux for

American Spirituality: Dance,

Deepen your understanding

## More Photos of Chateau de Raincheval

Thanks to Jennie and Eric (photo, bottom right) for visiting Chateau de Raincheval and taking these wonderful photos to remind us about Wainwright

# Wainwright House to Host Veterans' Healing Retreat

Wainwright House is honored to receive a \$10,000 grant from the Bob Woodruff Foundation, ReMIND.org. The grant will be used to host an "Emotional Freedom Weekend" for veterans suffering from Post Traumatic Stress Disorder.

Trained therapists Melinda Martin, LCSW, CASAC, Thomas C. Brennan, LCSW, CASAC and Melinda Sharpe, LCSW will enable veterans with the self healing modality, "Emotional Freedom Techniques" (EFT) to release anxiety, depression, anger, insomnia, nightmares and addictions. EFT involves gentle tapping on meridian end points

on the body to release uncomfortable symptoms and energy blocks. The techniques are easily learned and can be used daily. Properly done, EFT frequently reduces the therapeutic process from months or years down to hours or minutes. There are no side effects and results are often dramatic and long lasting.

Veterans will be housed in Fonrose House, a small waterfront home on the Wainwright House property used for spiritual retreats. The setting includes a labyrinth and seaside gardens. The April weekend retreat will include yoga and other relaxing modalities. One hundred percent

of the meals, lodging and transportation will be provided at no cost to the veterans thanks to the grant from the Woodruff Foundation. Wainwright House is also planning a gathering for veterans and their families in the near future.

The Bob Woodruff Foundation provides resources and support to service members, veterans and their families to successfully reintegrate into their communities so they may thrive physically, psychologically, socially and economically.



visit [ReMIND.org](http://ReMIND.org)



## Wainwright House

260 Stuyvesant Avenue  
Rye, New York 10580  
914-967- 6080  
[www.wainwright.org](http://www.wainwright.org)

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# Wainwright House Programs – Spring 2010

## APRIL

### “Wisdom Wednesdays”

**Past Life Regression:** Dorinda Gay

**Chakra Balancing:** Enid Martinez

**Angel Reading or Reiki Sound Healing:** Katie Ciriello

**Astrology:** Pamela Cucinell

**Wednesday, April 7, 6:00 pm - 9:00 pm**

**25 minute reading – \$50 - By Pre-Paid Appointment Only**

Book your appointment soon. Dorinda, Enid and Katie sold out at the Healing Arts Fair and we are offering another opportunity for a private session with some of the top practitioners in the field.

### **Dorinda Gay**

*Dorinda reveals, heals and transitions energetic imbalances of shadow and light. Her ability to quickly identify, clear and calibrate large amounts of energy in the present moment brings new possibility to those eager for clarity and ready for growth. As Reiki Master and founder of Spirit Transitions, she dedicates her practice to clearing paths so Divine Energy can be used as a tangible tool for living with full intent. Please visit: [www.spirittransitions.com](http://www.spirittransitions.com)*

### **Enid Martinez**

*Enid Martinez is founder of The Heart Helix, an integrative health practice that equips clients with tools to enhance their overall wellbeing. Enid teaches her clients how to become more aware of their spirit-mind-body connection and how this connection affects their overall health. For more information visit: [www.thehearthelix.com](http://www.thehearthelix.com)*

### **Katie Ciriello**

*At the 2009 Healing Arts Fair, people stood outside the door of the meditation room to hear Katie's lovely soprano voice sing open the chakras and grace the entire House. Allow Katie to grace you with an angel card reading or Reiki Sound Healing.*

### **Pamela Cucinell**

*Pamela Cucinell is a professional astrologer certified through the National Council of Geocosmic Research. She has studied symbols and psychology at the CG Jung Institute in NYC and is a master of Tarot and Reiki. Pamela owned Sunburst Oasis, a deeply loved and respected gift and service center in Mt. Kisco.*

### **Grandfather Eagle Feather Speaks**

with Judith Star-Medicine and William Evarts

**Sunday, April 11, 11:30 am - 2:00 pm**

**\$35/Wainwright Friend \$25 – Must register by Wed., April 7**

Judith Star-Medicine is a channel who speaks with Grandfather Eagle Feather (not his real name) regularly. Grandfather is a deceased Lakota Holy Man and mentor to Grandfather Wallace Black Elk. Wallace Black Elk (1921-2004), a traditional Lakota Elder and spiritual interpreter, was a Channupa (sacred pipe) bearing descendent of the legendary Nicholas Black Elk whose visionary experiences are recounted in the book "Black Elk Speaks." Ask questions of Grandfather Eagle Feather through Judith Star-Medicine.

*Judith Star-Medicine is a medical intuitive, astrologer, trance medium/psychic, and spiritual counselor who practices in Kingston, New York. William Evarts was an apprentice to Don Miguel Ruiz, a Toltec Nagual/Shaman and is the author of the best selling book, The Four Agreements. William also apprenticed with Lakota Holy man and spiritual master, Grandfather Wallace Black Elk. A book about Grandfather Wallace is entitled, The Sacred Ways of the Lakota. Grandfather died in January of 2004, but William continues to work with Grandfather Wallace through Dreams and Visions.*

### **Meridian Tapping for Healing and Peace**

with Melinda Martin, LCSW

**Wednesdays: April 14, 21, 28, May 5, 12 and 19**

**7:00 pm - 8:30 pm**

**\$220 / Wainwright Friend \$200 – Must register by Sun., April 11**

Meridian Tapping is acupuncture without needles. Learn to tap energy Meridian points on the body to release the blocked energy that causes negative thinking and the resulting negative emotions such as fear, anger, sadness and shame. The cause of all negative emotions may be a disruption in the body's energy system. Negative emotions can cause physical pain and disease states in the body. The healing energy in Wainwright House tapping groups has had powerful results in the last two years, releasing fears, phobias, insomnia, weight imbalances, physical pain and long-standing core beliefs. Group tapping often results in a blissful, peaceful state. Tapping is easily learned, easy to use and can be "life changing." For more information visit: [www.emofree.com](http://www.emofree.com)

*Melinda Martin, LCSW, CASAC, has over 26 years experience in helping people heal mind, body and spirit. She is highly trained and familiar with many experiential forms of healing that release addictions, pain, anxiety and depression. She is comfortable with helping people who follow a wide variety of spiritual paths and is deeply committed to her own spiritual growth. Melinda helps clients discover their gifts and true nature so that they are able to "make a difference" and be joyous, happy and free.*

### **Reiki One for Tweens and Teens: Connecting Mind & Spirit**

**(For ages 9 – 16 years old)**

with Genevieve M. Lowry M.Ed., CCLS, Reiki Master

**Thursday, April 15**

**6:15 pm - 8:30 pm with two 15-minute breaks**

**\$35 / Wainwright Friend \$25 – Must register by Sun., April 11**

Children are curious beings. Through Reiki One for Tweens and Teens, young people can utilize their head (intellect,) their hearts (emotional,) and their hands (physical,) to experience themselves in a healthy place in the world around them. Through the principles and practices of Reiki, children and teenagers will learn through short meditations, interactive exercises, and activities how to honor themselves and others, the importance of thoughts, how to stay positive, and how to promote their own health and happiness. Each young participant will learn how to practice Reiki on themselves, family and pets. There will be two 15-minute breaks during the workshop to keep the energy and interest levels high. The workshop is perfect for children and young people who experience stress or anxiety due to school, family or peer pressure, as well as those with chronic health challenges. Each student will receive a Reiki One Certificate upon completion of the workshop. **Program is co-sponsored by the Rye YMCA.**

*Genevieve Lowry has been a Certified Child Life Specialist for over 20 years. With a strong background in child development, she works with children in health care settings as well as in private practice to support, facilitate, and teach positive coping strategies. As a Reiki Master, Genevieve has practiced Reiki for over ten years working with, teaching, and offering Reiki to children and families.*

# Wainwright House Programs – Spring 2010

## Astrology 101

with Pamela Cucinell

**Saturday, April 17, 9:30 am - 4:30 pm**

**\$95/Wainwright Friend \$85 – Must register by Wed., April 14**

Cultivate a more peaceful life through self-understanding and the power of astrology. Acquire basic knowledge about the symbolism of the planets, signs and houses in a horoscope and what they reveal about your strengths and challenges. **Register with your birth-date, time and place so that you can learn about your own horoscope.** You will have the opportunity to analyze horoscopes with the teacher's guidance. Bring your lunch.

*Pamela Cucinell is a professional astrologer certified through the National Council of Geocosmic Research. She has studied symbols and psychology at the CG Jung Institute in NYC and is a master of Tarot and Reiki. Pamela owned Sunburst Oasis, a deeply loved and respected gift and service center in Mt. Kisco, NY.*

## Spirit Guide Drawings

with Jessie Shippy

**Saturday, April 24 and May 8**

**1:00 pm - 5:00 pm**

**30 minute reading and spirit drawing – \$60**

**By Pre-Paid Appointment Only**

"Jessie" is a third generation Clairvoyant-Intuitive noted for her visionary ability to access the Akashic Records, bringing forth the highest truths and spiritual principals, presenting them in a concise, straightforward, applicable manner. Discover how your soul is calling in order to enjoy a rewarding future. Along with a colored drawing of your Spirit Guide, the following are some messages that may come through from spirit...

- your spiritual gifts interpreted through color
- the year the guide came to you
- the guide's name and origin

*Jessie Shippy is a Reiki Master, ordained minister, hospice trained, graduate of the Institute of Children's Literature, and a Regular guest on Sarasota TV. Jessie Worked and Trained for Five years under Sandy Anastasi at Starchild Books located in Florida. Sandy gave John Edward his first Psychic Development Training. For more information visit: [www.spiritguidelady.net](http://www.spiritguidelady.net)*

## Reiki I

with Dorinda Gay

**Sunday, April 25; Saturday, May 8; Saturday, May 29 and**

**Sunday, June 13, 9:30 am - 1:00 pm**

**\$250 / Wainwright Friend \$225– Must register by Wed., April 21**

Reiki is the gentle, yet profound, practice of extending the healing ability of our own bodies by connecting with the life-force energy that fuels us. Reiki I is the first step in re-awakening your intuitive body to receive and utilize this energy to heal others. The spacing of this Reiki training allows you to integrate the energy more effectively between each session and each course. Reiki II, and Reiki Master training are offered at Wainwright House during upcoming seasons so that you can become a Reiki Master by Summer 2010. Please visit Dorinda's website: [www.spirittransitions.com](http://www.spirittransitions.com)

*With active Guidance, energy intuitive Dorinda Gay reveals, heals and transitions energetic imbalances of shadow and light. Her ability to quickly identify, clear and calibrate large amounts of energy in the present moment brings new possibility to those who are eager for clarity and ready for growth.*

## MAY

**Belly Dance: Embody the Goddess**

with Susan Wright

**Saturday, May 1, 2:00 pm - 5:00 pm**

**\$45/Wainwright Friend \$30 – Must register by Wed., April 28**

Feel the elements of creation moving within...earth, water, fire, air and ether. Generate healing energy. Feel the wonder of spring, the blossoming of your soul as we share this sacred, feminine process and send this energy out into the world. Note: If you have hip scarves, veils, swirling skirts, zills, etc., please bring them.

### **RETREAT ACCOMODATIONS AT WAINWRIGHT HOUSE**

**Contact Wainwright House directly at 914-967-6080 ext. 110 about overnight retreat accommodations not included in the price of workshops. Reserve early as space is limited. We can also recommend area hotels.**

**Use Your Body to Heal Your Mind**

with Dr. Henry Grayson

**Friday, May 7, 5:30 pm - 8:30 pm and**

**Saturday, May 8, 9:00 am - 5:00 pm**

**\$175 / Wainwright Friend \$150 – Must register by Sun., May 2**

Gain greater control over your thoughts, use your mind to heal your body, and find your true unlimited Self. Dr. Grayson has developed tools that can clear the barriers to healing. Begin to identify and clear prevalent, but mostly unconscious, barriers to health, healing, and happiness.

The workshop includes:

- Why complete healing must start with healing the mind.
- Why we do not heal our body symptoms even when we say we want to get well.
- Why we get sick: the powerful role of beliefs, traumas, thoughts, secondary gains, the tribal mind and family systems.
- Why childhood traumas and stresses often predispose us to serious adult illnesses; effective tools for clearing the effects of these traumas now and continuously.
- How to prevent or heal most colds, flus, viruses, headaches, backaches and other common ailments as well as serious illnesses.
- The role of prayer, meditation, surrender and other spiritual practices and specialized rituals in self healing.

Learn how to use the meridian based therapies: EFT (Emotional Freedom Techniques), TAT (Tapas Acupressure Technique), Thought Field Therapy, chakra energy balancing techniques, variations on EMDR to promote self healing.

*Henry Grayson, Ph.D., A.B.P.P., a scientifically and spiritually oriented psychologist and cutting-edge thinker, is Director of the Institute for Spirituality, Science, and Psychotherapy. A certified psychoanalyst, he has studied most of the major psychotherapies, the New Physics, neuroscience, many schools of spiritual thought, practices meditation, and integrates these into his synergetic psychotherapy practice. He integrates the new "power therapies" (Emotional Freedom Technique, Tapas, Acupressure Technique, Thought Field Therapy, EMDR and other uses of subtle energies) into his practice. Relationships. He is currently writing Mindful Healing: Freeing Yourself of All Your Barriers.*

**Pre-registration is required. Please register early to avoid disappointment, online at [www.wainwright.org](http://www.wainwright.org) or call 914-967-6080. Complete program details are on the website.**

# Wainwright House Programs – Spring 2010

## The Tao of Healthy Weight Spring Detox

with Drew DiVittorio

**Thursday, May 13, 7:00 pm - 9:00 pm**

**\$30 / Wainwright Friend \$20 – Must register by Sun., May 9**

Join us for this informative yet fun approach to weight loss. According to Taoism, there is no difference between being underweight or overweight — it's all about balance. We will take a look at weight loss according to the principles of Oriental Medicine, the eight causes of weight gain, the seven ways to lose weight, specific foods, herbs, and diet strategies to reduce weight, sugar craving and binge eating. Each class will begin with specific qi kung exercises, such as the turtle, the crane and the 12 nerve exercise all related to healthy weight loss. Learn about Body Mass Index (BMI) and Waist to Hip Ratio (WHR) which are also important indicators of altered body composition or unhealthy weight gain. Visit Drew's website: [www.drewsherbshop.com/drews-detox-program](http://www.drewsherbshop.com/drews-detox-program)

*Drew DiVittorio is an inspirational teacher who has the unique quality of bringing together the concepts of traditional Chinese Medicine with Modern Medicine and Nutrition. Drew is a national board certified Chinese Herbologist, Founder of the Healthy Living Center of Connecticut, and New York City. A popular speaker at New York Open Center, NYC, Drew is National Board Certified in Traditional Chinese Herbology with a Diploma in Oriental Medicine.*

## Tarot Journey Intensive: Discovering Simple, Yet Profound Tarot Reading

with Michael Orlando Yaccarino

**Saturday, May 15, 9:30 am - 4:00 pm**

**\$100 / Wainwright Friend \$90 – Must register by Wed., May 12**

Michael is back by popular demand! Gain a basic comprehension of the Tarot's structure and learn to use simple, yet profound card spreads. Instead of history and symbolism, this workshop stresses visual comprehension of the cards' compelling imagery and hands-on techniques for conducting powerful readings using nine cards or less. While designed for the beginner without any prior Tarot knowledge, Michael's workshops have proven equally rewarding to intermediate students and experienced readers seeking an uncluttered approach capable of providing deeply meaningful messages. For more information and to read testimonials visit: [www.orlandotarot.com](http://www.orlandotarot.com).

**Required Materials:** Participants must supply their own Tarot decks. The Rider-Waite Tarot Deck is suggested. Acceptable variants are: Original Rider-Waite Tarot Deck, Universal Waite Tarot Deck, Radiant Rider-Waite Tarot Deck, Albano-Waite Tarot Deck or Diamond Tarot Deck, or the Pamela Colman Smith Commemorative Set. Most decks are available to purchase online or in the New Age section of many Barnes & Noble bookstores. Contact Michael directly by e-mail at: [orlandotarot@gmail.com](mailto:orlandotarot@gmail.com) with further questions about appropriate decks. There will be a 45-minute lunch break and two 10-minute breaks. Please bring your lunch and enjoy the house and grounds.

*Michael Orlando Yaccarino (CPTR) is a Certified Professional Tarot Reader, instructor, and best-selling author. He is the creator of Tarot Journey, the popular workshops for beginners, and Sunset Tarot, a private reading series that completely sold out in 2009 to return to Wainwright House in May 2010. Michael's unique gift combines decades of spiritual exploration, intuitive knowing, and study with many renowned Tarot specialists. He conducts numerous private sittings regularly.*

## 2012: Enlightenment or Doom? Diverse Theories on What May Occur Before, on and After 2012

with Judith Oates

**Sunday, May 16, 9:30 am - 3:30 pm**

**\$50 / Wainwright Friend \$40 – Must register by Wed., May 12**

What will happen before, on and after December 21, 2012 in the third, fourth and fifth dimensions? Learn why these changes will take place. Workshop sources include the metaphysical, every area of science (especially quantum physics,) mythology, astrology, astronomy and anthropology. You will receive an in-depth hand-out including predictions and precautions affecting every phase of your life. The program includes:

- **Spiritual or Evolutionary:** Theories and Prophecies determining adjustments in every day life.
- **Physical:** Maps of the New World and the New Grid and their regional effects.
- **Psychological/Emotional:** (the ultimate secret) The Polarity Game of Opposites, etc.

*Judith Oates has a BA from USC in Journalism and Public Relations; field credits from Harvard in Ecology and International Relations and a MA from Waldorf Institute/Sunbridge College in Education. She has studied metaphysics for the past 45 years and has written three books about 2012 under the pseudonym of Manda. She has been a solo guest on nine one-hour international metaphysical radio programs and Gordon-Michael Scallion mentioned her website [www.manda2012.com](http://www.manda2012.com) and linked to it for one week in September. She has hosted six hour seminars at the Wainwright House, Crystal Essence and Soul and Spirit New Age Centers.*

## Native American Spirituality: Dance, Drum, Learn

with Valerie Stiehl

**Saturday, May 22, 9:30 am - 1:30 pm**

**\$60 / Wainwright Friend \$50 – Must register by Wed., May 19**

Valerie will share her experience culled from living amongst the Lakota Sioux for ten years. Learn about the cultural teachings and spiritual rituals she was honored to receive and experience as taught by the medicine men and Native Americans. Gain a deeper understanding for "Mother Earth" and understand why the Native Americans were the first "green" people. Bring your dancing shoes, drums and rattles if you have them! You will have a 30 minute lunch break. Please bring your lunch.

*Valerie Stiehl is a spiritual facilitator. As a spiritual seeker she was guided to many paths. She has been a deep trance spiritual channel for over forty years. Valerie lived among the Lakota Sioux for ten years and experienced spiritual rituals as taught by the medicine men. She believes we all receive guidance from spirits however we may not recognize them or know to interpret the information. Valerie lives in Woodstock, New York.*

## Receiving Messages from Your Spirit Guides

with Valerie Stiehl

**Sunday, May 23, 10:00 am - 3:00 pm**

**\$70 / Wainwright Friend \$60 – Must register by Wed., May 19**

Learn to channel your spiritual guides through automatic writing, guided meditation, deep spiritual awakening to your true self. Obtain practical information to help solve your problems. Your guides will direct you on your spiritual path. Explore the many venues to opening your spiritual channels. Your guides enter through many different belief systems and realms. Please bring a journal and an open mind. There will be a 30 minute lunch break.

# Wainwright House Programs – Spring 2010

## Sunset Tarot at Wainwright House

with Michael Orlando Yaccarino

**Thursdays: May 27, June 10 & June 24**

**4:00 pm - 7:30 pm**

**30 minute reading – \$50 - By Pre-Paid Appointment Only**

**Appointment Times: 4:00, 4:45, 5:30, 6:15 & 7:00 pm**

Michael returns by popular demand! Experience a private, 30-minute reading as the sun sets over the harbor with this renowned Tarot expert. Michael's spiritually deep readings encourage individual strengths, while offering options to overcoming unhelpful blocks. Readings will take place in the Music Room of the Main House. Since this entire series sold out before it began in 2009, pre-paid reservations are essential. Call in advance to secure an appointment. For more information and to read testimonials visit: [www.orlandotarot.com](http://www.orlandotarot.com). See Michael's bio on previous page.

## JUNE

### Finding Peace through Forgiveness Retreat

with Michael Hoare

**Saturday, June 5, 9:30 am - 2:00 pm**

**\$60 / Wainwright Friend \$50 60 – Must register by Wed., June 2**

Resentment and pain affects all our thoughts and decisions. During this retreat, Michael will share his own miraculous experiences with forgiveness and show how forgiveness can happen only with healing on the Emotional, Spiritual and/or Mystical levels. Michael will expose some of the myths about forgiveness and guide you through meditations of forgiveness. Have more peace in your life about your past. This retreat is for anyone who has experienced hurt. Please bring lunch and enjoy the lovely surroundings during a 30-minute lunch break.

*Michael Hoare grew up in an abusive, unsafe home and lost both of his parents to alcoholism by his 16th birthday. After many years of pain and suffering, Michael came to his own sobriety and began his healing process. Through trust and surrender, he found not only forgiveness but also compassion, and ultimately love, for those who had abused him, as he reached a place of deep peace and acceptance. Michael's unique journey enables him to help others find their spiritual anchor, see things from a different perspective, and open their hearts to forgiveness, compassion and love. A Certified Angel Therapy Practitioner ® and an Ordained Minister, he has been guiding men and women in spiritual matters for over seventeen years. Michael is dedicated to helping others free themselves from their repetitive cycles of self-destruction and begin to use the foundational elements of Trust, Forgiveness and Acceptance as they begin a new life.*

### Heart Chakra Healing

with Enid Martinez

**Saturday, June 12, 9:30 am - 12:30 pm**

**\$45 / Wainwright Friend \$35 – Must register by Wed., June 9**

Working with each of the four chambers of the heart to reveal truth and healing, we will explore:

- The Heart as Truth Teller
- The Heart as Healer
- The Heart as Portal to the Divine
- The Heart as the New Vibration for the Universal Changes taking place

Acquire tools of healing from the heart that you can apply in your everyday life, from simple breath to visualization. Please dress comfortably and bring a water bottle with you. Because this is an experiential workshop, it is recommended that you allot time for rest after the event to help the new frequencies integrate fully within the body.

*Enid Martinez is an Energy Intuitive and Certified Medical Intuitive focused on engaging the soul-body connection to assess where the soul is in its evolutionary process. She navigates through and understands the various frequencies within the body. Sessions and workshops in English and Spanish.*

### An Evening of Devotional Chanting

with Satya Franche and Ma Kirtan

**Friday, June 18, 7:00 pm - 9:00 pm**

**\$20 / Wainwright Friend \$15 – Must register by Wed., June 16**

Join Satya Franche and the Ma gang to create a deeper sacred experience for one another by the chanting of sacred names. Kirtan is a powerful form of meditation. On this very special evening, Satya and guests will offer their voices filled with the ancient vibrations activated in chant, with the harmonium and drums.

*Ma Kirtan is a New York-based, ensemble of Bhakt (the yoga of devotion) musicians who gather together to lead the practice of NamaSanKirtanam which is call and response repetition of the names of the Supreme Being. Through chanting these names, we are able to quiet the mind and open the heart. Chanting is a very powerful form of meditation using sound as its anchor.*

*Satya-Franche was inspired by the feminine energy of creation. Satya, who has studied voice since she was a child in her native Montreal and worked as a professional musician since her teens, came to know kirtan through her hatha yoga practice and now focuses her energies on spreading the word about this practice. Satya-Franche draws her no-holds-barred style of leading from the influences of the Western kirtan wallahs as well as her experiences of kirtan in India while living and traveling with the late Ma Chetan Jyoti, one of kirtan's great voices. Satya's resulting style incorporates her vocal skills with a sense of enthusiasm and clear love for the practice.*

### Reiki Master

with Dorinda Gay

**Sundays: June 27, July 11, July 25 and August 8**

**9:30 am - 1:00 pm**

**\$275 / Wainwright Friend \$250 – Must register by Wed., Jun. 23**

Reiki is the gentle, yet profound, practice of extending the healing ability of our own bodies by connecting with the life-force energy that fuels us. Reiki Master is the final step in re-awakening your intuitive body to receive and utilize this energy to heal others. You will receive your Reiki Master Certificate. The spacing of this Reiki training allows you to integrate the energy more effectively. Please visit Dorinda's website: [www.spirittransitions.com](http://www.spirittransitions.com)

*With active Guidance, energy intuitive Dorinda Gay reveals, heals and transitions energetic imbalances of shadow and light. Her ability to quickly identify, clear and calibrate large amounts of energy in the present moment brings new possibility to those who are eager for clarity and ready for growth.*

## ANNUAL HEALING ARTS FAIR

**Saturday, August 7**

**11:00 am - 5:00 pm**

**Rain or Shine**

Please check our website [www.wainwright.org](http://www.wainwright.org) for full program details and the most up to date schedule.

**Pre-registration is required. Please register early to avoid disappointment, online at [www.wainwright.org](http://www.wainwright.org) or call 914-967-6080. Complete program details are on the website.**