

WAINWRIGHT HOUSE

Newsletter & Program Guide

A quarterly publication of Wainwright House



Volume I, Issue 8

Winter 2010
for the betterment of humankind



Back from the Brink by Ann Gaillard

In December 2002 I was dying of Stage 3 non-small cell carcinoma of the lung. As of this writing, December 2009, I am cancer free. No one can really explain my recovery. What I can do is lay out parts of the emotional and physical journey that had visual, noticeable positive impacts.

My diagnosis was just before Thanksgiving 2002, and was followed immediately by surgery. It was a shock to my soul. It took a week or so for me to move beyond the “why me?” stage to look at the situation from a realistic perspective. Simple? Trust me, it’s tough to do.

If I had any chance of survival, I had to revise my thinking and feeling significantly. First, I had to be at peace with whatever the outcome would be. “Would be” is the key as it removes fear and panic while restoring, perhaps even heightening, one’s sense of humor.

Next, I needed to find out why I got the cancer and had to research

all forms of possible treatments. Help is needed here. And a comprehensive game plan is a must. I did everything all at once. Doctors don’t like this approach, but then they did not have my cancer. I believed serious times require serious actions.

The last crucial piece was an analytical one that required brutal personal honesty. The question was “is my work done?” I wrote lists, made notes and it was all consuming. If the answer was “no,” then at a cellular level, all the way to thought, healing would be first and foremost. “No” presented the best chance of surviving a seemingly impossible situation. You know my answer. That, and aggressive treatment including oxygen and vitamin therapies peppered with a miracle or two, has me still wandering the planet, planting as I go.

Ann Gaillard is Co-President of Wainwright House and a Landscape Designer.

Some Upcoming Events and Programs

Fireside Jazz Brunches

Sundays, January 31,
February 21, March 14
Seating 12:30 PM

Universal Service with Rev. Mary Azima Jackson

Sundays, January 31, March 21
1:00 - 2:30 PM

Shamanic Healer Certification Program: The Chakras in Shamanic Practice

Week-ends January-June
Presenters: Susan J. Wright
and Leigh Reeves

Mindfulness-Based Stress Reduction (MBSR) Free Preview Orientation:

Wednesday, January 13
7:00 - 8:00 PM
Series: Weds., January 20, 27,
February 3, 10, 24,
March 3, 10 and 17
7:00 - 9:15 PM
Presenter: Ms. Laurence Magro
MS, LMHC, LPC

A Conversation with Gregg Hill about Mindfulness



Thich Nhat Hanh

The Wainwright House Mindfulness Meditation Group is part of a worldwide community inspired by the work and life of Thich Nhat Hanh, Vietnamese Buddhist monk, poet, scholar, and peace activist. Martin Luther King Jr. nominated him for the Nobel Peace Prize in 1967.

Gregg Hill is an artist and frequent facilitator of the group, also known as Quiet Harbor Sangha. The sangha (meditation group) meets on the second and fourth Wednesday of each month and welcomes beginners. We spoke to Gregg in November.

Gregg, how did you begin your practice of mindful meditation?

I was given Living Buddha, Living Christ as a holiday gift. I started to go to a sangha in the city, and in April 2007, I went to Vietnam for a retreat. Being with Thich Nhat Hanh for six weeks was a life-changing experience. I kept trying to find a sangha in Westchester because it is really hard to get to the city to meditate. I was raised Catholic.

I went through a lot of drama with family members who were not happy with my practice. It was hard at first. But as each day goes on, people begin to see that I can listen to them more deeply, I am not as angry, and relationships get better. As a result of my practice, I quit my job as President of distribution for a media company, and responsible for almost \$1 Billion annual revenue. About 100 people worked for me. I was really wired with the Blackberry, etc. You are just “not here” when you are working like that. For me to quit that job was a monumental step. My wife and children love my practice. It has made me more present with them.

Does meditation help your art?

My art is about the transformation of my beliefs and habit energies. I transform 55-gallon oil barrels into art. When I smash them and transform them, they become humanistic, individual and beautiful, like the practice of mindfulness itself. When we become aware of our habit energies, the thinking, speech and actions that cause us to suffer, we can transform them and this gives us peace.

Why does mindful meditation “work?” The practice of mindfulness is scientific, backed up with cutting-edge physics. Mindfulness is a straightforward practice. As Einstein said, “It’s all relative.” There is no fear or suffering when we live in the present moment.

Peaceful Pursuits Pastels & Watercolors by Jean Kessler

Join us Sunday, January 24 from 3 to 5:30 PM at a reception to meet New York artist, Jean Kessler. Jean’s work has been exhibited at the Repast Café, the Ceres Gallery, The 92nd St. Y, Pfizer Gallery. This is a free event.



Wisdom Wednesdays

You don’t have to wait until the August 7, 2010 Healing Arts Fair to work privately with the area’s top healing practitioners. On Wednesday February 3, March 3 and April 7 from 6 – 9 pm, you can choose from the following services and practitioners:

Dorinda Gay: *Past Life Regression*
Enid Martinez: *Chakra Balancing*
Katie Ciriello: *Angel Card Reading or Reiki Sound Healing*

For more information, check our website. These practitioners sold out at the 2009 Healing Arts Fair. Book your private 25-minute session soon by calling 914-967-6080.

Tree Dedication at Rye High

by Ashleigh Craig, President, Environmental Advocates Group



Left to right: Ashleigh Craig, George Lattimer, *NY State Assemblyman*, Barrie Hedge, *Landscape Designer*, Steve Feeney, *Friends & Alumni of Rye HS*, Laura Kelly, *Director of Operations, WH*, Bill Lawlor, *EAGR* joined by Rye High School Environmental Students.

About a year ago Wainwright House and the Environmental Advocates Group of Rye started on their collective quest to plant

trees in Rye and to increase the awareness of the importance of trees to our community and the environment. We wanted to find

a location that needed to have trees planted and, at the same time, was a site where a large number of our residents could enjoy the benefits of the tree plantings. Since the Rye High School/ Middle School campus suffered the loss of a number of large trees, we felt this might be the perfect place for our first planting project.

Barrie Hedge and Ann Gaillard of Breath of Spring Landscaping created a complete blue print of all of the existing trees and where trees were needed on the campus.

As a result, nine trees were planted on the school campus. The schools will enjoy the following additions: one Sugar Maple, one Red Maple, one Norway Spruce, three Dogwoods, one purple leaf Plum and two Purple Leaf Beeches.

Spotlight on...Michael Orlando Yaccarino

Over the past 18 months, Michael Orlando Yaccarino has become one of Wainwright's most popular presenters and practitioners in recent memory. Michael's immeasurable knowledge of Tarot coupled with his spirit, energy, and graciousness is a welcomed gift to all of us at Wainwright House.

Michael is a Certified Professional Tarot Reader, instructor, and best-selling author. His unique gift combines decades of spiritual exploration, intuitive knowing, and study with many renowned Tarot specialists. Michael conducts numerous private sittings regularly. He is the creator of Tarot Journey, a popular, multi-level workshop series in reading the cards, as well as Sunset Tarot, a private

reading series--all of which sold out at Wainwright House throughout 2009. His corporate clients have included The New York Historical Society, Hudson Highland Group, and Jones MediaAmerica. As for charitable activities, Michael has guest read in benefit of Wainwright House and The New York Theosophical Society.

The Common Reader, his regular column for Tarosophist International, offers practical, ethical, and mystical advice. With Scot D. Ryerson, Michael is co-author of the international best-seller *Infinite Variety: The Life and Legend of the Marchesa Casati* and the critically-acclaimed visual biography *The Marchesa Casati: Portraits of a Muse* released this past October.



Look for Michael's Tarot Journey Intensive and Sunset Tarot in the spring 2010 at Wainwright House.

To learn more visit:
www.orlandotarot.com

Emotional Freedom Techniques

Melinda Martin and Emotional Freedom Techniques (EFT) program continue to be an important presence at Wainwright House. EFT is acupuncture without needles, a cuttingedge therapeutic technique which quickly and efficiently releases physical and emotional distress, and creates peace. It is easy to learn, safe and gentle and there are no side effects. Results are usually permanent. Conditions treated in group and individual sessions include anxiety, anger,

nightmares, insomnia, back and neck problems, trauma and abuse issues, fibromyalgia and negative core beliefs. Issues explored in talk therapy for years have been resolved in just a few EFT sessions.

Introduction to EFT begins on Saturday, January 23 and a six week group healing series begins Wednesday, January 27. The healing energy in a group format has been amazing!

For added convenience, individuals can book a private session

with Melinda at her office at Wainwright House. She can be contacted at (914) 967-0770.

Melinda is a Licensed Clinical Social Worker, a Credentialed Alcohol and Substance Abuse Counselor as well as Certified EFT Practitioner. She has been in private practice for over twenty years.

For more information go to:
www.emofree.com,
www.melindamartin.net
www.wainwright.org



Donate Now!

Please use the enclosed envelope to make your **tax deductible, year-end donation** to Wainwright House. Your gift will be credited in 2009 as long as both postmark and check are dated no later than December 31. A gift by credit card is complete on the day the card is charged.



Wainwright House

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Rye, NY 10580

914-967-6080 Fax: 914-967-6114

www.wainwright.org

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Why not rent space at Wainwright House?

We offer warm, inviting spaces for licensed, insured practitioners, including the Yoga/Dance Center for certain hours and days. Flexible scheduling.

Contact Laura Kelly at
914-967-6080 ext. 110.

Wainwright House Programs – Winter 2010

JANUARY

Shamanic Healer Certification Program: The Chakras in Shamanic Practice

with Susan J. Wright and Leigh Reeves

Saturdays, 12:00 pm - 7:00 pm

January 9, February 6, March 6, April 10 & May 1

Sundays, 8:30 am - 4:30 pm

January 10, February 7, March 7, April 11, May 2 & June 6

\$1600 / Wainwright Friend \$1400

Journey through all eight stages of human development to heal personal and cultural wounds and traumas from every stage of the life cycle. Connect to energies, beings and practices that hold us safely, lovingly, and strongly so conflict and crises can be resolved.

The Chakras in Shamanic Practice is the workbook/syllabus. For more information visit: www.chakrasinshamanism.com. Call early for retreat accommodations (see next column.) You may make two credit card payments for this program.

REQUIRED: One 30-minute break daily. Bring snacks, journal, yoga mat and pillow or cushion.

Susan Wright, LMT, LCSW has over two decades of study with shamans and is the director of the Birth of Venus Center for yoga and healing in Mamaroneck, NY. She is a Gestalt psychotherapist and teaches shamanic healing. Leigh Reeves, BS, MBA, is a trustee of the board of the LOFT and is a certified shamanic healing practitioner. She has led fire ceremonies for many diverse groups.

Mindfulness-Based Stress Reduction (MBSR)

with Ms. Laurence Magro M.S., LMHC, LPC

Free Preview Orientation

Wednesday, January 13, 7:00 pm - 8:00 pm

Series: Wednesday, Jan 20, 27, Feb 3, 10, 24, Mar 3, 10 & 17

7:00 pm - 9:15 pm

\$295 / Wainwright Friend \$270 (Series)

Mindfulness-Based Stress Reduction (MBSR) was created and popularized by Jon Kabat-Zinn at UMass Medical School over the past 25 years and is proven to profoundly affect our ability to regulate the mind, emotions and physical health. Dwell in the present moment. Attend to breath, physical sensations, thoughts and feelings through mindful yoga, sitting, walking and eating meditation, mindful speaking/listening. Develop non-judgmental awareness through a solid foundation for emotional healing and spiritual growth. Handouts are included. CD's of the practices will be used for homework and will be for sale at a nominal cost.

Ms. Laurence Magro, a Licensed Mental Health Counselor, specializes in mind body interventions and mindfulness-based therapies. Her primary practice is in healing modalities that inspire and empower people to help themselves. She holds an M.S. in counseling psychology and completed her training at U Mass Center for Mindfulness.

Yoga New Year Rejuvenation Retreat

with Irene Genovese Pica

Saturday, January 23 (snow date Sunday, January 24)

9:30 am - 4:30 pm

\$125 / Wainwright Friend \$115 (Includes lunch)

Restore mental, physical, emotional and spiritual balance. Gain a renewed sense of serenity, vitality and well-being. Hatha, Vinyasa, Yin Yoga and meditation and breathing (pranayama) techniques, ending the day with deep relaxation (savasana). For yoga practitioners of all levels. Includes healthy buffet lunch. Overnight retreat accommodations may be available at Wainwright House to make this a truly relaxing weekend away.

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 nearby.

Irene Genovese Pica has been studying and practicing yoga for more than 25 years, and teaching in the Fairfield County area for 15 years. In 2005, she founded Symmetry Yoga Center in Westport, CT and is its director. Irene is a certified Kripulu yoga teacher and is registered with Yoga Alliance at the most advanced level (E-RYT 500). A compassionate and inspirational teacher, Irene has studied yoga with world-renowned teachers Rodney Yee, Shiva Rea, and Erich Schiffmann. Her teaching style is influenced by an extensive dance background, blending an intuitive knowledge of the body with a unique sense of flow and grace.

Introduction: Tap to Emotional Freedom (EFT)

with Melinda Martin, LCSW

Saturday, January 23, 2:00 pm - 5:00 pm

\$50 / Wainwright Friend \$45

Melinda Martin's programs on EFT are so popular we had to bring her back. EFT, Emotional Freedom Techniques, is "acupuncture without needles." EFT is tapping energy meridian points to release blocked energy to relax, calm and modify the anxiety response, fostering body awareness and positive cognitive shifts. Learn to use EFT on yourself to heal old traumas, curb bad habits, and gain a new sense of freedom and happiness in your life.

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.

Tap Your Way to Emotional Freedom Series

with Melinda Martin, LCSW

Wednesdays: January 27, February 3, 10, 24, March 3 & 10

7:00 pm - 8:30 pm

\$220 / Wainwright Friend \$200

The 6-week series allows you to progress in your use of EFT as each week reinforces and builds on the work of previous weeks. The class is limited to the first 10 people who pre-register and pre-pay. For more information visit: www.emofree.com

Transform Your Life through Collective Consciousness

with Dr. Ron and Victoria Friedman

Free Introductory Class

Thursday, January 21, 7:00 pm - 9:00 pm

Thursdays: January 28, February 11, 25, March 11, April 8 & 22

7:00 pm - 9:00 pm

\$150 / Wainwright Friend \$135 (Series)

Choose one area of your life -- your job, a relationship, a family issue, a personal limit, a spiritual aspiration, etc. and spend three months focused on transforming that area using the power of Collective Consciousness.

Ron Friedman, MD, and Victoria Friedman, visionaries and pioneers in the field of Collective Consciousness and Co-Founders of Vistar Foundation, are dedicated to exploring the Power and Potential of Collective Consciousness.

Pre-registration is required. Please register early to avoid disappointment, online at www.wainwright.org or call 914-967-6080. Complete program details are on the website.

Wainwright House Programs – Winter 2010

Difficulty as a Vehicle for Awakening

with Dr. Paul Epstein

Saturday, January 30, 11:00 am - 3:00 pm

\$70 / Wainwright Friend \$60

Explore how Buddhist teachings, mindfulness meditation and compassion practice can be integrated into the process of healing dis-eases of our bodies, minds, hearts and spirits. There will be a 30-minute break. It is a good idea to bring lunch or snacks. For more information visit: www.drpaulepstein.com

Dr. Paul Epstein is a Naturopathic Physician, Mind-Body Therapist, Mindfulness Meditation Teacher, Workshop Leader and Speaker. He completed the 3-year training program for meditation teachers at the Spirit Rock Meditation Center, and is a certified yoga teacher. With extensive studies in Buddhist psychology, meditation, stress reduction, and psychotherapy in a spiritual, he specializes in integrative mind-body medicine and the connection between biography and biology.

FEBRUARY

“Wisdom Wednesdays”

Past Life Regression: Dorinda Gay

Chakra Balancing: Enid Martinez

Angel Reading or Reiki Sound Healing: Katie Ciriello

Wednesdays: February 3, March 3, 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

With active Guidance 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

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.theheartheelix.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.

Kabbalah For Inner Peace: Imagery & Insights

with Dr. Gerald Epstein

Saturday, February 6, 9:00 am - 1:00 pm

\$40 / Wainwright Friend \$30

Dr. Gerald Epstein presents his inner prescription for finding and using our own resources through sharing his discoveries from his new book *Kabbalah For Inner Peace: Imagery & Insights To Guide You Through Your Day*. Dr. Epstein's work offers a contemporary approach to the 4,000 year-old spiritual tradition called "Visionary Kabbalah." Learn about the wisdom of Kabbalah with short mental

imagery exercises. Learn about the active meaning of Kabbalah as a process of receiving revelatory knowledge and its history as a primary method of spiritual awareness.

Learn to conquer your inner terrorists of anxiety, doubt, depression, financial worries, physical pain, past trauma and more. Please visit Dr. Epstein's website: www.drjerryepstein.org

Dr. Gerald Epstein has a N.Y. State-Regents chartered post-graduate training center for healthcare professionals and an adult education school for the general public. He conducts classes in group mental imagery and has published over 500 imagery exercises. He has written six books and produced two major audio CD sets (Natural Laws Of Self-Healing and The Phoenix Process: One Minute A Day To Health, Longevity & Well-Being). He has a private practice in N.Y.C. where imagery is a main therapeutic method for treating all ailments.

Reiki II

with Dorinda Gay

Sundays: February 7, 21, March 7 & 21, 9:30 am - 1:00 pm

\$275 / Wainwright Friend \$250

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 II is the second step in re-awakening your intuitive body to receive and utilize this energy to heal others. At the end of the course you will receive your Reiki II Certificate.

The spacing of this Reiki training allows you to integrate the energy more effectively between each session and each course. Reiki I, and Reiki Master training are offered at Wainwright House during the past and upcoming seasons so that you can become a Reiki Master by Summer 2010. Please visit Dorinda's website: www.spirittransitions.com

Reiki Master

Sundays: June 27, July 11, July 25 and Aug 8

9:30 am - 1:00 pm

Dorinda Gay is passionate about bringing Reiki training to Wainwright House. Trusting in the infinite energy that serves to heal us is the most loving thing we can do for ourselves, others and our planet at this time.

Painting from the Inside Out

with Eve-Marie Schaffer

Saturday, February 27, 9:30 am - 4:00 pm and

Sunday, February 28, 9:30 am - 12:00 pm

\$195 / Wainwright Friend \$170

You are standing in front of a white sheet of paper. How do you respond? Give yourself the space to respond from where you are. Simply trust your innate intelligence that seeks expression. This is creativity -- beyond reason or knowledge. Bring an old shirt, an apron and lunch. Retreat accommodations may be available. Please visit her website at: www.paintinginsideout.com

Eve-Marie Schaffer lived in Berlin Germany where she acquired her degree in Social Work in 1980. She subsequently returned to Fordham University in New York where she earned her license (LMSW). She then earned her Masters in Creative Arts therapy from Pratt Institute (LCAT) in New York. While raising her four children, she supplemented her part-time practice with Phoenix Rising Yoga Therapy, additional training at Center for Intentional Living, Integrated Kabbalistic Healing, Family Constellation work and Process Painting with Michele Cassou. These experiences continue to inform Eve-Marie's work.

Pre-registration is required. Please register early to avoid disappointment, online at www.wainwright.org or call 914-967-6080. Complete program details are on the website.

Wainwright House Programs – Winter 2010

An Evening of Devotional Chanting: A Winter Kirtan

with Satya Franche and Ma Kirtan

Saturday, Feb. 27, 2010, 4:00 pm - 6:00 pm

\$20/Wainwright Friend \$15

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 and supported by the harmonium and drums.

***Ma Kirtan** is a New York-based, ensemble of Bhakta (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. The group was founded in 2006 by **Satya-Franche** 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.*

MARCH

A Rumi Celebration through Collective Consciousness

with Dr. Ron and Victoria Friedman with the VoicePoint Ensemble

Saturday, March 6, 10:00 am - 2:30 pm

\$60 / Wainwright Friend \$50

Celebrate the passionate life of Mevlana Jalaluddin Rumi, Sufi mystic and poet. Enter the conversation using the Vistar Method of Communication (VMC), an evolutionary structure for accessing Collective Consciousness. Through theatrical presentation of poetry and music, learn about Rumi's spiritual journey. Voicepoint, Vistar's theatrical ensemble, will perform dramatic and choral excerpts from their production "Rumi: Heart of Unity" which was performed in major spiritual centers, poetry festivals, and at The United Nations. Join us for a day of warmth, connectedness, spiritual insights, music and Light. There will be a 45-minute lunch break. Bring your lunch and enjoy the grounds. Please visit: www.vistarfoundation.org

***Ron Friedman, MD, and Victoria Friedman**, visionaries and pioneers in the field of group awakening, Co-Founders of Vistar Foundation, are dedicated to exploring the Power and Potential of Collective Consciousness. Ron, a Pathologist, and Victoria, a Ceramic Artist, developed the evolutionary Vistar Method of Communication™ (VMC) for accessing the Unified Field of unlimited possibility for individual and group awakening, for creativity and for true unity. With 25 years experience in intensive spiritual group work, at Vistar they have trained Vistar Teachers, developed intensive workshops, and are instrumental in Voicepoint, Vistar's theatrical ensemble which has performed at the UN.*

Past Lives, Present Journey

with Dorinda Gay

Thursday, March 11, 7:00 pm - 9:00 pm

\$45 / Wainwright Friend \$35

Is your Today influenced by your Warrior, Queen, Jester or Spiritual Leader of your Past? Most of your daily intuitive response is rooted deeply in past life experience. Join Dorinda and the Goddess Isis as they take you on a regression journey to peel back the layers of lifetimes and reveal who you really are. Come, explore and claim your Present Power through the Doorways of your Past.

Connect with The Spirit World

Alexandra Leclere

Saturday, March 20, 9:30 am - 12:30 pm

\$35 / Wainwright Friend \$25

Allow internationally renowned energy healer and medium Alexandra Leclere to teach you how to:

- Check your spiritual energy level
- Build up your spiritual energy level
- Allow spirit to help you in your everyday life
- Bring joy into your daily life

***Alexandra Leclere** came into her gifts when she was facing invasive surgery and was healed by a healer in New York City. Her book *Seeing the Dead, Talking with Spirits* chronicles her transformation from president of AOM International, Inc. an international TV production company, to the work she is doing today. Please go to: www.seeingthedead.com*

The Alexander Technique: Centered Sitting/Centered Movement

with Joy Jacobson

Saturday, March 20, 10:00 am - 1:00 pm

\$45 / Wainwright Friend \$35

Whether you are spending long hours sitting at the computer or in meditation, the Alexander Technique will enable you to find balance without tension or pain. Learn to move with greater awareness and freedom through this proven mind-body technique. Acquire the tools to change harmful movement habits by changing the way you think. This workshop is great for people with back, neck or shoulder pain, performing artists, athletes and anyone who needs to use their body well. Please bring a yoga mat if you have one.

***Joy Jacobson** holds a BFA in dance from SUNY Purchase. Following a career in dance, Joy became a certified personal fitness trainer and has been in the fitness field ever for over 25 years. Joy, who trained at the American Center for the Alexander Technique (ACAT) in NYC, has helped numerous people by applying the Alexander Technique for over 16 years. Joy is certified by the American Society for the Alexander Technique (AmSAT).*

Writing from The Heart: Finding Your Own Voice Workshop

with Nancy Slonim Aronie

Sunday, March 21, 10:00 am - 4:00 pm

\$130 / Friend \$120

Reclaim your voice using your own language, your own rhythms and your own story. By honoring your instincts, not trying to sound like a "WRITER" or trying to get an "A" from the teacher, you'll tap your inner source of creativity and unleash the voice inside of you. In this workshop, you'll enter a safe space where you can celebrate who you are without judgment, without evaluation and without your mental censor. When you shake the inner critic of your "artist," you have a good shot at shaking the inner critic of your life. You will laugh, cry and turn your pain into gold. You will write with renewed innocence and astounding power. You cannot be wrong because the truth is healing and writing the truth is always right.

***Nancy Slonim Aronie** has been a college teacher (Trinity College and Harvard University); a magazine columnist (McCall's;) and is a commentator for NPR's *All Things Considered*. She is the author of *Writing from the Heart*, Hyperion, currently in its sixth printing. She teaches the Chilmark Writing Workshop in her home on Martha's Vineyard.*

Wainwright House Programs – Winter 2010

Self-Healing with One Light Healing Touch

with Penny Price Lavin

Thursday, March 25, 7:00 pm - 9:00 pm

\$25 / Wainwright Friend \$20

Join Penny Price-Lavin, Associate Director of One Light Healing Touch, for a fascinating, experiential evening of energy healing. Learn about how energy works. Penny will guide you through experiential healing practices that release stress. Learn how to turn on your own energy for self-healing. Please visit: www.onelighthealingtouch.com/html/instructors.html

Penny Price Lavin is the Associate Director of OLHT. She has worked with energy healing since 1985, is a Reiki Master and has over 15 years of training and presenting at One Light Healing Touch schools. Penny is also an award-winning producer, writer and director of documentaries, and national television programming, and has been bringing "body, mind and spirit" teachings into the mainstream media for over 25 years.

APRIL – MAY - PARTIAL LISTING ONLY

Grandfather Eagle Feather Speaks

with Judith Star-Medicine and William Evarts

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

\$35/Wainwright Friend \$25

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." You will have the opportunity to 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.

Astrology 101

with Pamela Cucinell

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

\$85/Wainwright Friend \$75

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 and enjoy the lovely seaside grounds.

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.

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 nearby.

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

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.
- Five questions to ask yourself when you get a physical symptom.
- Use your own muscle testing to identify barriers to healing, happiness and success.
- 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 and creative visualization to promote self healing. Learn about new discoveries in biology, quantum physics, brain scan studies, and horticulture, neuropsychology and the implications for 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 (Eastern and Western), practices meditation, and integrates these into his synergetic psychotherapy practice. He now integrates the new "power therapies" (Emotional Freedom Technique, Tapas Acupressure Technique, Thought Field Therapy, EMDR and other uses of subtle energies) into his practice. A leader in integrating spirituality, science, and psychotherapy, he was the Founding President of the Association for Spirituality and Psychotherapy. Dr. Grayson authored Mindful Loving: 10 Practices to Deepen Your Connections (Gotham/Penguin), which was featured in the April, 2004 issue of Oprah Magazine, and the best selling Six-CD Sounds True audio series, The New Physics of Love: The Power of Mind and Spirit in Relationships. He is currently writing Mindful Healing: Freeing Yourself of All Your Barriers.

Please check our website 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 or call 914-967-6080. Complete program details are on the website.