

# Healing Hearts: The Sacred Transformation



Art Therapy & Yoga Workshop

Ghost Ranch, Abiquíu, NM

Oct 6-8, 2017

## Exploring Life Transitions

Life transitions can be anything from slightly challenging adjustments to devastating heartbreak. With gentle guidance and opportunities for introspection, participants will find ways to explore their own healing, renew hope, and create fresh perspectives, for whatever transitions they are working through. We will work with:

- **Hatha Yoga and Meditation**
- **Art Therapy and Poetry**
- **Therapeutic Massage**
- **Fire Circle and Drumming**
- **Walking the Labyrinth**



Friday 3pm - Sunday 12 Noon, Oct 6-8 2017

\$225 Plus Tax (\$200 Early Registration by July 15<sup>th</sup>)

A limited number of massages will available for \$70/plus tax One Hour Session

Affordable accommodations available ranging from \$45-\$90/per night

**To Register Call Nickie Jenkins at 505-688-2344**

Space is limited to 16 participants so call today

Your Workshop Hosts are: Liz Farr, LMT5687, a Board Certified Massage Therapist

Karen Ann Karina, LMT 6349, a Certified Hatha Yoga instructor and a Board Certified Massage Therapist;

Carol Rice, LPCC 0154181, LPAT 0150911, LMT 4058, a licensed Counselor, Art Therapist and Massage Therapist;

Nickie Jenkins, LMT 6039, a Natural Therapeutic Specialist and Board Certified Massage Therapist;

## KAREN ANN KARINA

Karen Ann Karina, LMT #6349, is the owner of Sanctuary Green Natural Therapeutics, LLC. She is a Natural Therapeutic Specialist and Board Certified Practitioner of Therapeutic Massage and Bodywork since 2009, and a Certified Hatha Yoga Instructor since 1996. She helped to organize Albuquerque's First Annual Southwest Yoga Conference in 1998. She also assisted world-renowned yoga teacher, Rodney Yee, at the Second Annual Southwest Yoga Conference in Austin, Texas in 1999. Karen offers Hatha Yoga as an adjunct therapy to injury rehabilitation and pain management as well as Therapeutic Massage. A native of Chicago, Karen has lived in Albuquerque since 1997. She attended Albuquerque's New Mexico School of Natural Therapeutics in 2008, and Chicago's Temple of Kriya Yoga in 1996.

Karen has been a professional member of The American Massage Therapy Association (AMTA) since 2015; and, prior to that, she was a member of the Associated Bodywork and Massage Professionals (ABMP) since 2009.

Karen currently teaches Hatha Yoga at Orange Yoga in Los Ranchos and through the years has taught at various wellness and corporate settings in Chicago and Albuquerque. During her spare time, Karen enjoys Hatha Yoga, hiking, reading, writing and painting.

## NICKIE JENKINS

Nickie Jenkins, LMT #6039, is a Natural Therapeutic Specialist and Board Certified Practitioner of Therapeutic Massage since 2007. Nickie's previous experience included working her way up the corporate ladder to Management at Walmart for 23 years. She then became the Administrator at the New Mexico School of Natural Therapeutics for six years. Nickie has launched into the healing modalities that she practices today. She practices Colon Hydrotherapy, Therapeutic Massage, Core Synchronism, Neural Reset Therapy, Polarity Therapy and Reiki.

Nickie was born in Warsaw, Indiana, and raised in North Highlands California, where she enjoyed the outdoors, fishing, volleyball, softball and track. She currently enjoys spending time with her fiancé, grandchildren, two boxers, as well as gardening.

Nickie has been a professional member of the Associated Bodywork and Massage Professionals (ABMP) since 2007. Nickie practices bodywork in Rio Rancho, Grants, Albuquerque, The Rio at Cabezon, Palmilla Senior Living Retirement Community and The Ann Wigmore Foundation, as well as her professional office in Albuquerque, New Mexico.

## CAROL RICE

Carol Rice, LPCC 0154181, LPAT 0150911, LMT #4058, is an independently licensed Art Therapist and Counselor in the State of New Mexico, and is also a Licensed Massage Therapist. Carol earned her Masters Degree in Art Therapy and Counseling from Southwestern College of Santa Fe, and studied massage and bodywork at the New Mexico School of Natural Therapeutics in Albuquerque.

Carol has provided art therapy groups for adults and teens addressing substance use recovery, and she has worked with adults, children and families on a variety of mental health concerns including depression, self-esteem, domestic violence, trauma, anxiety, stress, transitions, grief and loss. Carol helps clients use art to access and express the emotions, dreams, layers of loss, as well as healing, resilience and hope. Carol uses trauma informed practices with clients to ensure that their therapeutic experience is beneficial, rather than adding to their trauma load. Carol works in the Albuquerque area as both an art therapist and a behavioral therapist.

In her personal life, Carol relies joyfully (usually) on making art to process and deepen her experience of the world, her life, her relationships, her dreams and day-to-day life. She enjoys art journaling, making her own journals from scratch and recycling old books. She also paints with oils, acrylics and watercolor, creates with pastels, collage, ceramics, pen and ink and enjoys creating recycled art shadow boxes.

## LIZ FARR

Liz Farr, LMT #5687, grew up in Golden Colorado, and then moved to Durango, Colorado, to attend Fort Lewis College. She lived in Durango for several years working with people with disabilities and creating pottery. She moved to Albuquerque in 2004 to attend massage school at Crystal Mountain. "I love being able to help people, and I love working with my hands, so massage is the perfect combination for me. Massage has been powerful way for me to improve my life, so I feel honored to share it with others. It truly touches mind, body and spirit."

Liz specializes in Deep Tissue and Sports Massage. She has worked with the UNM Track Team since 2008. She has also worked with The Isotopes and the UNM Football Team. She has been Board Certified since 2007.

She loves doing art projects including working with clay, gardening and working on her house.





## Yoga

Relax and rejuvenate with gentle morning hatha yoga asanas (poses) and pranayama (breathing techniques) to calm the mind, body and spirit (focus and prepare for the day).

Sleepy-time yoga before bed will help to create a tranquil and meditative transition into the dream state.



## Art and Poetry

Art therapy uses art making as an expressive tool, a way to find meaning, a way to explore the nonverbal. We will use color, images and words to become more aware of personal beliefs and feelings. We will combine art making with writing simple poetry to help us gain more insight into our art and our hearts, with the end result of an enriching and healing experience.



## Massage

Sow the seeds of self-care with a one-hour full body therapeutic massage. In addition to physical benefits of a customized massage session, massage can heal the mind and spirit as well.

A therapeutic massage will help integrate the artistic healing journey.

## Weekend Schedule

**Friday** 3pm Check in

3-5pm - Meet & Greet

5:30-6:30 pm - Dinner

7-8:30 pm - Opening Circle

**Saturday** 6:30 am Hatha Yoga

7:30-8:30 am - Breakfast

9-12 am- Art Therapy Workshop

12-1 pm - Lunch

1-3 pm - Free Time or Massage

3-5:30 pm - Art Therapy Workshop

5:30-6:30pm - Dinner

7-9pm - Fire/Drumming



**Sunday** 6:30 am - Hatha Yoga

7:30 -8:30 am - Breakfast

9-12 pm- Labyrinth/Closing Circle

12-1 pm -Lunch/Home