

# Practices of Life: A Retreat for the Mind, Body and Spirit

## The Practitioners

This retreat on December 11, 2016 will be featuring some very special practitioners. Each person bringing forth their own unique style of practice and teaching. We look forward to meeting you all in the near future. Aloha and many blessings!



### ***Tehila Woosley***

Tehila started her yoga journey in 2004 when she moved from Israel to San Francisco, CA. Her first time on the mat sparked something in her that she is eternally grateful for...a sense of growth and freedom. Breathing deeply to connect her body, mind and spirit moved her closer to a greater understanding of self. In 2013 Tehila received her 200-hour certification from Hawaii Yoga Institute, a yoga alliance school. Tehila's background is in Hatha, Ayurveda, Yin, Restorative, Nidra, Meditation, Prenatal and Kids yoga. Tehila has completed her 500-hour yoga teacher training at Open Space Yoga in November 2015.



### ***Crystal Hinton***

Crystal Hinton is a registered nurse who worked at the bedside in the ICU for 10 years. This experience helped develop her intuitive abilities, understand the mental emotional belief patters that cause disease, and she witnessed the direct effect that sound therapy can have for patients in extreme stress. In her spiritual travels around the world, she found ThetaHealing and gong sound healing. She was trained in ThetaHealing by a Master and Certificate of Science ThetaHealer Laura Hernandez and with many gong masters, including the Grand Gong Master Don Conreax. Now she spends her time helping clients in their own mental, emotional, physical, and spiritual journeys through ThetaHealing and gong sound healing.

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## The Practitioners Continued



### *Malcolm Wasserman*

Through a journey of awaking moments, Malcolm Wasserman in the pursuit of going into the inner truths of his being brought him to remote sanctums of the world. Teachings from the Wisdom Keepers, Elder Spirits, and remembering Soul aspects of self-realization as guidance from the heart light within brings a dynamic and universal experience of the ways we interact as beings of creation and the cultivation of elemental forces of existence to awaken through the veils of separation and live harmoniously in realms of facticity.



### *Amanda Painter*

Amanda Painter is an entrepreneur in the healing arts. Creator of Mana Yoga and Body, Mana Tea and Mana Jewels, Amanda is steadily creating a pillar of health and wellness for the community. Her journey on the healing path began in Belize during a Rainforest Field Studies course in college in 2009 where she was first inspired to study herbalism and plant medicine. After finishing her studies at UC Santa Cruz, she embarked on a lengthy solo travel excursion throughout South Asia, including Thailand and India, where she discovered yoga and gemstones. After her travels, she relocated to the magical islands of Hawaii,

where she trained to be a Yoga Instructor, receiving her RYT 200 certification in November of 2012 through Open Space Yoga. Not long after, she quit her day job as a waitress and started her herbal tea company, Mana Tea, through which she hopes to give her community access to the healing power of the Earth. Massage and Cranio Sacral Therapy were natural gifts, which she has embraced with gratitude. She is in the process of finishing the requirements to become a licensed massage therapist, culminating a well-rounded, whole-systems approach to healing mind, body and spirit.