



# Free Walk-in Clinic

## SANCTUARY WELLNESS CENTER & YOGA STUDIO

### Saturdays from 10 am to 12 pm

*Donations Welcome*

Come join us at The Sanctuary Wellness Center & Yoga Studio and explore transformational avenues of healing for free or by donation. We will be hosting dedicated healers each Saturday who will be available to answer your health questions and give you the opportunity to explore their healing therapies with a mini consult. We will also feature a presenter to share health tips and topics related to holistic health. All our practitioners are highly trained and experienced in their modality and have a sincere desire to help and are donating their time and skill in this community based clinic. If you are interested in experiencing ancient and unique forms of healing, this is a great opportunity to try something new for free or any amount you wish to donate. No appointments necessary. You can come to the clinic each week to try out a different healing modality or participate in the weekly workshop.

*Please pass this flyer to everyone. We want to create a healthy, happy community one person at a time.*

### Services offered

**Ayurveda, Acupuncture, Hypnotherapy & Past Life Regression, Reiki, Reconnective Healing**

### February

#### Schedule of Services and Healers

Date	Ayurveda		Reiki	Hypnotherapy & Past Life Regression	Movement, Energy, & Trauma	Workshops
2 <sup>nd</sup>	Arya		Ryan	Aparna	Solara	Pendulum 101 (by Heather)
9 <sup>th</sup>	Jodi		Natalie			How and Why of Self-Hypnosis (by Aparna)
16 <sup>th</sup>	Ajita	Reconnective Healing Cecilia	Heather	Aparna	Solara	Ayurveda: Pulse Diagnosis (by Arya)
23 <sup>rd</sup>	Arya	Acupuncture Mukunda	Natalie	Aparna	Solara	Chakra Balancing with Crystals & Reiki (by Natalie)

## Healers

### Ajita Patel, Clinical Ayurvedic Specialist

Ajita is a Clinical Ayurveda and Pancha Karma Specialist and owner of the Sanctuary. She teaches pranayam and meditation classes at the Sanctuary and in the community. She has been immersed in Ayurveda all her life; graduated from California College of Ayurveda, gurukul student of Dr. Vasant Lad, and trained in India.

### Aparna Subramanian

Aparna has been practicing, teaching and experimenting different forms of meditation since 2000. She is a Certified Hypnotherapist and a Reiki grand-master in two different modalities (lineages) of Reiki. She also does Past Life Regression therapy, smoking cessation, handwriting analysis, Karuna Reiki, Magnified Healing.

### Arya Early Hawkins, Ayurvedic Health Practitioner

Arya is a certified Ayurvedic Health Practitioner and Pancha Karma Specialist. He is a meditation teacher and certified Kripalu Yoga Teacher. He is an active member of the National Ayurvedic Medical Association (NAMA) and received his BA degrees in Psychology & Political Science from California State University, Fullerton.

### Cecilia Samms

Cecilia Samms is an Associate Instructor of Reconnective Healing, The Reconnection and is a Reconnective *Kids! Instructor*. She is passionate about empowering people in their discovery of this life-changing frequency and often travels with The Reconnection Teaching Team to share this amazing work with the world.

### Heather Miranda

Heather is a Reiki Master, Karuna Reiki II Practitioner, and Sai Maa Diksha Practitioner. When conducting healing sessions, Heather sometimes receives psychic impressions or feelings will often be told by Spirit to be totally focused on serving as a clear channel of the life force energy used during Reiki sessions.

### Jodi Kirtley, Clinical Ayurvedic Specialist

Jodi is a certified Clinical Ayurvedic Practitioner who brings the beautiful, ancient principles of harmony into the preparation of the food, along with herbs, meditation, body therapies and other practices. She is a graduate of the California College of Ayurveda and also studied at The Ayurvedic Institute with Dr. Vasant Lad.

### Mukunda Singh, Licensed Acupuncturist

Mukunda N. Singh is a Licensed Acupuncturist and Usui Reiki practitioner. He graduated with a Master's of Science in Traditional Oriental Medicine from the Pacific College of Oriental Medicine (PCOM), where he specialized in Japanese acupuncture. He interned at San Diego Hospice and Palliative Care Inpatient Facility.

### Natalie Alexander

Natalie is a registered yoga instructor with Yoga Alliance (RYT-200), Usui Reiki Master, Registered Karuna Reiki® Master, and EFT practitioner. She completed her Hatha yoga training at Purple Yoga Studio. Natalie is truly passionate about helping others to heal, grow and transform.

### Ryan Cox

Ryan is a Reiki Master Teacher of 10 years, massage therapist and health educator through the National Holistic Institute.

### Solara Vayanian

Movement, energy & trauma specialist. BA, San Diego State University. Founder, Kinesio-Emotional Release System, Marian's Daughter, MOVE IT! Workshops. Metaphysical Minister and mentor, emotional/spiritual healing. 30+ years in field experience.