

BASTYR
UNIVERSITY

AT THE HEART OF NATURAL MEDICINE

Bastyr University Extended Education

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Kenmore, WA 98028

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Community Education Classes

Winter 2007



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AT THE HEART OF NATURAL MEDICINE

Community Education Classes

Winter 2007 ~All courses open to the general public ~

Bastyr Community Education
Exploring the world of natural health

Biology and Perception— A PSYCH-K Basic Workshop

Instructor: Dhebi DeWitz-Jensen

January 27-28

Saturday and Sunday, 9 a.m. - 5:30 p.m.

\$295 if registered by January 5th

\$325 after January 5th

(includes the book *PSYCH-K – The Missing Peace in Your Life* by Robert Williams.)

Our beliefs can control our lives. PSYCH-K affects the way DNA expresses itself. It is an accelerated personal growth, empowerment and transformation program designed to engage 90% of the mind while unlocking one's hidden potential. Based on studies in neuroscience, the work of Robert Williams and endorsed by Bruce Lipton in his book: *The Biology of Belief*, PSYCH-K provides specific inner-technology tools to align our subconscious programming with our conscious beliefs. PSYCH-K empowers the individual and allows them to tailor the process to their own unique circumstances through a verifiable feedback protocol. As we transform the disharmonious programming within our thoughts and mind, our body then produces the healing chemistry that matches our beliefs and we move into life-affirming experiences. Participants learn techniques to align their subconscious programming with conscious beliefs to create life changes in the areas of health and body, self-esteem, personal power, grief and loss, relationships, prosperity and spirituality.

Dhebi DeWitz-Jensen, certified PSYCH-K™ instructor and owner of Empowered Transformations, is one of just 30 instructors worldwide certified to teach the PSYCH-K™ method. She is a well-respected international PSYCH-K™ instructor who is able to motivate others to renew their passions and move beyond limitations.

Introduction to Gregorian Chant

Instructor: Joseph Anderson

February 3

Saturday, 10 a.m. – 4 p.m.

\$70 (includes materials and admission to Peregrine Gregorian chant concert in the Bastyr chapel Friday, February 2nd from 7-9 p.m.)

Singing of all kinds, and chant in particular, has profound physiological and psychological effects. In this workshop you will learn how to sing simple examples of various types of Gregorian chant: psalms, hymns and other melodies of a traditional Vespers service. We will also explore the spiritual role these ancient chants play in cultivating healing and contemplation. At the end of the day, as a meditative singing and learning community, participants will chant the medieval office of Vespers together. This workshop is open both to singers and to those just discovering their voices.

Joseph H. Anderson, Associate Director of the Center for Sacred Art, is an accomplished vocalist and founding member of Peregrine Medieval Vocal Ensemble (Artists-in-Residence at St. Mark's Cathedral, Seattle). He has studied, performed and taught Gregorian chant and chant-based forms for the past twelve years.

Healing Psychological Trauma

Instructor: Vasant Lad

February 17-18

Saturday 10 a.m. – 6 p.m. (2 hour lunch)

Sunday 10 a.m. – 3 p.m. (1 hour lunch)

\$295

In this seminar, we will explore how trauma influences the way we think and feel about ourselves. Ayurveda, an ancient Vedic system of healing, provides holistic therapies and practices that can help us to release psychological traumas that are deeply rooted in the past. Dr. Lad will help us to understand the nature and structure of trauma and how to heal trauma through ancient Ayurvedic wisdom.

Dr. Vasant Lad founded The Ayurvedic Institute and began serving as its director in 1984. He is the author of *Ayurveda: The Science of Self Healing, Ayurvedic*

Cooking for Self-Healing, Secrets of the Pulse: The Ancient Art of Ayurvedic Pulse Diagnosis, The Complete Book of Ayurvedic Home Remedies and The Textbook of Ayurveda: Fundamental Principles.

Herbal First Aid for Children

Instructor: Sheila Kingsbury

February 24

Saturday, 10 a.m. – 1 p.m.

\$60 (includes herbal first aid kit and supplies fee)

This workshop introduces participants to herbal preparations that can be used as first aid for children. We discuss herbs to treat common ailments such as bumps, bruises, insect bites and mild colds, how and why they are prepared in different ways and in what situations they can be helpful. Each participant receives a beginner's pediatric first aid kit. The class meets in the Bastyr University herb lab where we make customized salves to add to our kits.

Sheila Kingsbury, ND, is a core faculty member in the School of Naturopathic Medicine at Bastyr University where she teaches courses on botanical medicine, pediatrics and lactation management. Kingsbury has a private practice in Kirkland and is a mother of four young children.

Nourishing Body, Mind, Spirit and Emotions: A Holistic Approach to Wellness

Instructor: Susan Tate

March 10

Saturday, 10 a.m. – 4 p.m.

\$90

This class offers special techniques on how to de-stress, meditate and to eat and move for optimal wellness. Through experiential exercises, creative story telling, small group sharing and gentle Nia movements, we explore concepts and activities gleaned from the works of Jon Kabat-Zinn, Marc David and other leaders in the field of holistic health. Topics include food and pleasure, exploring what we sense, intention setting, love versus fear and the healing power of forgiveness. The end result will be a deeper and more meaningful relationship between you and your physical body, mind, spirit and emotions, thus opening pathways for creating and sustaining a more joy-filled life.

Susan Tate is the director of Washington Wellness Associates (www.wawellness.com), former director of health promotion and assistant professor in the School of Medicine at the University of Virginia. She is a certified Nia black belt instructor, the author of several books in the health genre and has presented workshops nationally for over 25 years.

Healing Herbal Teas

Instructor: Karta Purkh Singh Khalsa

March 17

Saturday, 10 a.m. – 4 p.m.

\$30

From ancient times to present the herbs of mother earth have been used to heal and soothe. Safe and natural, yet powerfully effective, herbal remedies are attractive alternatives for those who want to take active responsibility for their own health. Using herbs and spices in teas gives us unlimited potential for improved muscle pain, allergies, wounds, insomnia and low energy, as well as more serious illnesses.

Karta Purkh Singh Khalsa, DNC, RH, with over 30 years in the health field, is one of today's foremost alternative medicine experts. He is a faculty member in the botanical medicine department at Bastyr University, resides on the board of directors for the American Herbalist Guild and is a senior editor for the Natural Standard from Harvard University. He has published several books, most recently *The Way of Ayurvedic Herbs*.

Bastyr University's extended
education department also offers
continuing education courses for
professional health care providers.

www.bastyr.edu/continuinged

425.602.3075

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Gregorian Chant Concert with Peregrine Medieval Vocal Ensemble

Friday, February 2nd 7 - 9 p.m.

Bastyr University Chapel

\$15