

Janie Keilwitz

ACUTONICS



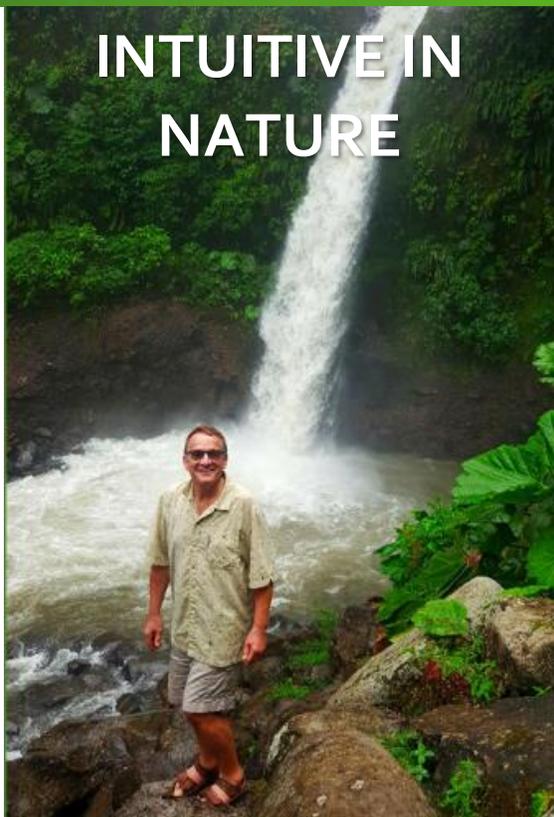
# The crew our people...!

For centuries physicians have used sound healing techniques to diagnose and treat illness. Acutonics is a holistic, sound healing technique grounded in oriental medicine, science, sound healing principals and cosmological studies. This powerful healing method works at a cellular level and directs therapeutic sound waves deep into and around the body. The gentle vibrations promote healing and restore balance, flow and wellbeing throughout the body. Precision calibrated tuning forks produce the healing frequencies which are used on acupuncture points/meridians. This noninvasive, medical therapy differs from acupuncture however in its use of gentle, soothing sound vibrations rather than needles. Janie Keilwitz, RN, MN, BSN, is a registered nurse with a masters degree in cardiovascular physiology. Her nursing experience spans 35 years and ranges from Intensive / Coronary and Heart Transplant Unit nursing to Cardiopulmonary Rehabilitation and Preventative Cardiology. Janie's practiced Acutonics for over 15 years and beautifully blends principals of traditional western medicine, eastern medicine and the healing aspects of sound to provide a profound healing experience. Relax and enjoy the soothing sound vibrations as they help restore your body to its natural state of health and wellbeing. [www.soundtouchhealing.com](http://www.soundtouchhealing.com)

John Krynicki



INTUITIVE IN  
NATURE



While there is no name for this healing modality that John is aware of, the best description he has come up with is Intuitive Acupressure, facilitating the release of physical and emotional stress and trauma.

Through countless hours of practice developing equanimity with unpleasant sensations, other personal work and a strong desire to be of service, John has developed the ability to initiate and provide a channel for the release of emotional and physical trauma. John approaches the sessions based on your direction. Sessions begin with work with physical stress and tightness. At a minimum it is as effective as pressure point massage. It is effective in increasing joint mobility and reducing inflammation including rheumatoid arthritis, sciatica, rotator cuff injuries, whiplash, sinuses and headaches. The list continues to expand. There is likely to be some emotional content released as well.

At a deeper level it is effective in the reduction or release of retained emotional memories or stress that is related to grief, anger etc. and the reduction or release of blockages, creating a sense of lightness, an emotional and/or physical clearing, a kind of house cleaning, providing relief at a minimum and/or an opportunity for change in attitude or behavior.

**SHARED PAIN IS HALF PAIN, SHARED JOY DOUBLE JOY**

It is totally intuitive in nature. No two treatments are the same. It is a co-creation dependent on what is brought to the table. Reiki completes the session, benefiting both the client and the practitioner or can be offered on its own.

## Fernando Bolaños KUNDALINI YOGA



Kundalini Yoga works on many levels. At the physical level it includes strength, elasticity, muscle expansion, body control, etc. (There are postures that are the same or similar to those of Hatha Yoga, there being many different ones as well, with the difference in the use of breathing.) At an energetic level it includes opening of chakras, unblocking of meridians, mixing the energy of Prana (atomic life force) and Apana (elimination energy). In this combustion the Kundalini energy awakens, and there is connection with your maximum potentiality of yourself. This opening allows you to enter into a deep meditative state. Kundalini Yoga is a technology that awakens your creative capacity and interaction, while improving the blood circulation, the maintenance of the organs, the mood, the attention capacity, the connection of the cerebral hemispheres, the intuition, strength and determination. It also cleans and rebalances your entire system. It also works at the mental level, since by improving the energetic circulation and by awakening your Kundalini energy, your negative mind calms down. This gives you peace of mind, stability and peace. Fernando Bolaños is a kundalini yoga instructor who has taught for more than ten years in different countries through Europe and Latin America. The practice of this yoga has given him deep insight and a solid doorway to open the heart and glimpse the depth of our being. This and other yogas, meditation, and his vast spiritual healing background including reiki, deeksha, family constellations, and use of Native American medicine has made him a powerful guide eager to share his knowledge. He is also an actor and director actively working in many films, a certified advanced scuba instructor, surfer and lover of traveling, nature and adventure. He has an intense passion to help people connect to that inner ocean of vastness where joy, love and deep peace are waiting endlessly to remind us that we have all we need inside us.

## Barb Nichols

## SOUND MASSAGE



Sound Massage is a deeply relaxing and awe-inspiring experience, blending Sound & Vibrational Therapy with Physical Massage. Barb Nichols, a massage therapist for 35 years, had a close encounter with humpback whales in 1990 that inspired her to create a particular form of Sound Massage that is especially unique in that you are also guided on your own personalized Sound Journey. With soothing nature sounds in the background and mesmerizing tones of Tibetan Singing Bowls, a Balinese Gong, and other healing sounds, you find yourself traveling on the beautiful tones, naturally falling away from the mind chatter and daily stresses of life. It's as though you are on a "mini vacation", going to a peaceful place inside.... easily and effortlessly.... You are massaged from the outside in by a nurturing and deeply relaxing form of Hawaiian Bodywork, called "Lomi Lomi", that relaxes the muscles in an effective and non-invasive way. You are massaged from the inside out by the soothing vibrations and tones of Tibetan Singing Bowls played directly on the body. Stress easily melts away while mind chatter simply disappears. You emerge from this magical experience feeling deeply relaxed, as well as replenished and rejuvenated, with all levels of your being vibrating in harmony. A sense of centeredness and balance is restored, rising up from deep within your core. Yes.... Some experiences DO transcend the ordinary~~~ and this is one of them... Barb also offers group "Sound Baths", where you can bask in a myriad of healing and soothing tones of Tibetan Bowls and other mesmerizing instruments, while immersed in nurturing sounds of nature.

[www.whidbeyondsoundmassage.com](http://www.whidbeyondsoundmassage.com)

## Kelly Keilwitz

## T'AI CHI & QIGONG



This is a martial art of moving meditation that integrates the body, mind & breath. The slow, gentle movements of the T'ai Chi develop circulation, range of motion, and muscle and connective tissue development while at the same time promoting relaxation and mindfulness. Qigong ("chee-gung), which literally means "life energy cultivation", encompasses a wide range of exercises and warm-ups, related to T'ai Chi.

Kelly has practiced various martial arts for over 30 years. He has practiced Yang-style T'ai Chi & Qigong for the past 10 years. He looks forward to practicing T'ai Chi & Qigong with you at the awe-inspiring La Cusinga Lodge Yoga Center!



## Eugenio García Lopez

## OUTDOOR ACTIVITIES



This passionate man was born in the tropical jungle of the Caribbean side of Costa Rica, and since he was a child he fell in love with Nature and the PachaMama. Nature became his own therapy and healing method. As a biologist and nature guide, he takes good advantage of this abundant resource to introduce people into the beauty of Nature and its amazing power of healing and personal recovery. "One of the main things that we as humans have lost is that connection with Mother Nature and therefore with ourselves", so Eugenio's joy and passion is to invite people to rediscover the origins and path in life.

During the retreat Eugenio will be offering different outdoor activities immerse in the forest and the ocean. Feel free to join him in this spiritual natural adventure!

He is also the general coordinator for this event.