

---

## Counseling

**Christine Savory, MA,** Transpersonal Hypnotherapist, teaches individuals and groups the art of connecting with, and releasing spiritual power into one's life to produce profound changes. She also teaches Life Transformation classes.

**Louis "Bill" Cartwright, MFT,** encourages families to try therapy first. He provides caring and affordable assistance for individuals, couples, and families.

**Jean Peters, MA, CADC,** provides spiritual counseling in the Buddhist tradition. Practice the joy of the middle path in all aspects of your life.

## Rental Space

The Yreka Healing Arts Center is located in a house built in 1926. The Old World charm of this space is a relaxing and private atmosphere for classes, workshops or special gatherings. Professional practitioners may also rent treatment room space. Visit us or call to set up an appointment.

## Gift Certificates

The center also provides gift certificates for most of the treatments offered by our staff of trained professionals. Give a gift of relaxation to your friends and loved ones.

## Classes

- ❖ **Buddhist Book Study:** Sunday mornings, 10:00-11:15 AM
- ❖ **Meditation:** Dorothy Einsele has been a meditation teacher and a gifted Channelor for over 20 years. She offers private sessions and is available by appointment.
- ❖ **Creative Writing:** Dates variable, with Jacalyn Pauer, M.A.  
**Jacalyn Pauer, M.A.,** the creative writing teacher, is also our artist-in-residence. She offers private tutoring in her studio/gallery. For an appointment call: (530) 340-1851.

## Unlimited Possibilities

The Center provides a network for healing alternatives in our area. Whether it is Breathwork, Reiki, Astrology, Tarot or seasonal celebrations; whether you are looking for treatments, classes, or space to manifest your ideas, call us for current information at (530) 842-1000.



**Yreka Healing Arts Center**

*335 North Main Street  
Yreka, California 96097*

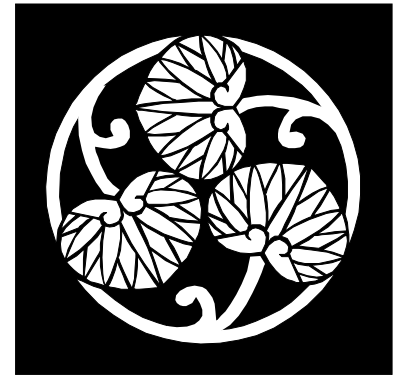
**(530) 842-1000**

---



**Yreka Healing Arts Center  
335 North Main Street  
Yreka, California 96097**

# Yreka Healing Arts Center



335 North Main Street  
Yreka, California 96097

**(530) 842-1000**

---

# TRUE HEALTH IS THE HARMONY OF LIFE



## The Yreka Healing Arts Center

provides our community with a place to experience Holistic Healing Practices in a relaxed and friendly environment. Through various healing modalities our goal is to inspire a renewed sense of well-being as a natural solution to today's stressful lifestyle.

- ❖ Acupuncture/Chinese Medicine
- ❖ Massage Therapy
- ❖ Polarity Therapy
- ❖ Reiki
- ❖ Marriage and Family Counselor
- ❖ Hypnotherapy
- ❖ Spa Treatments
- ❖ Feng Shui
- ❖ Classes

*When I walk through the door of the Center, an immediate sense of relaxation flows through my body and I feel my treatment has already begun. How fortunate our community is to have such a diversity of healing arts under one roof!*

Robin Bailey  
Diagnostic Imaging Technologist

## Acupuncture / Chinese Medicine

Chinese Medicine is a complete medical system which has been used for over two thousand years to heal and prevent illness. Acupuncture, herbal medicine, medical massage (called "tui na"), moxibustion and nutritional counseling are used to stimulate the body's inherent capacity to heal itself. While Chinese medicine is mostly noted for its effectiveness in relieving pain, it is also helpful for:

Colds and Flu	Allergies
Asthma	Headaches
Drug detoxification	Infertility
PMS/Menopause	Insomnia
Pregnancy/Postpartum	Anxiety

Both of our practitioners hold Masters Degrees in Traditional Chinese Medicine and are accomplished acupuncturists and herbalists. They enjoy treating a wide range of people from infants to the elderly.

**Geri Quintero, L.Ac.** received her degree from Five Branches Institute in Santa Cruz, California. She has raised her teenage son using Chinese medicine. She specializes in pediatric asthma and allergies.

**Elizabeth Sailer, L.Ac.** received her degree from the American College of Traditional Chinese Medicine in San Francisco. She teaches holistic medicine to people throughout California.

## Massage/Spa Therapies

- ❖ Massage can help you become aware of and release tension held in your body.
- ❖ Massage has a tranquilizing effect on the central nervous system.
- ❖ Massage helps improve blood circulation which is often impeded by tension.

**Nancy Morgan, CMP** studied Shiatsu, Acupressure and Swedish Oil Massage at the Mount Shasta Institute of Holistic Therapies. Her special emphasis is on techniques of muscle release for relaxation and stress reduction.

**Paula Johnson, CMT** has been practicing massage therapy and Touch for Health since 1985 and began studying Cranio-Sacral Therapy 1994. She has developed an eclectic approach which can be very effective for treating muscular pain, headaches, stress and various problems involving the central nervous system.

**Elora Eldonati, CMT** holds an MS in Psychology and has been a body worker and healer since 1987. She specializes in using the healing properties of essential oils in her sessions. She is also trained in Hot Stone Therapy and is a Reiki Master.

**Caroline Kieffer-Rosal, CMP** was trained in China in 1994 and 1996 receiving a Medical Qi Gong Certification. In 2003 she received a massage certification from the Mt. Shasta Holistic Institute. She specializes in deep-tissue, acupressure, and Qi Gong massage.

## Polarity Therapy

Polarity Therapy is a natural health care system that works with the human energy field. The intention of Polarity Therapy is to open and stimulate the free flow of energy through out the body with a variety of contacts, rocking and stretching.

**Irene Burke, APP** is the owner of the Yreka Healing Arts Center and studied Polarity Therapy at the New Mexico Academy of Healing Arts in Santa Fe, New Mexico in 1999. She also has her Third Degree of Reiki training. Irene incorporates the Ascension Attitudes of praise, love and gratitude into her healing practice.

*You just have to experience it. Polarity Therapy is a highly effective treatment for deep relaxation and lends itself to a clear and realistic view of inner guidance.*

Joan Sims  
Elementary School Teacher

## Spa Therapies



Elisa Spahn is a licensed aesthetician, spa technician and is trained in Reiki. Elisa offers facials, body wraps, salt scrubs, the Ayurvedic treatments of Shirodhara Ubtan, and Tibetan eye treatments. All products used during these treatments are natural and non-toxic.