

Make a date to nurture yourself...  
And, earn ceus

**AUGUST**  
**6<sup>th</sup>-8<sup>th</sup>**

Classes include:

**MEDITATION**

**QI GONG**

**NUTRITION**



[interpreter@healthyceus.org](mailto:interpreter@healthyceus.org)  
[www.healthyceus.org](http://www.healthyceus.org)

1.475 ceus approved by RID CMP sponsor Communique Interpreting  
scheduling@CommuniqueInterpreting.com 707.546.6869

This series is appropriate for all sign levels; ASL interpreting or other accommodations  
provided upon request. Please contact Teresa Sedano @928-699-9460. Event  
sponsored by Healthy CEUS, a non-profit (paperwork in progress) organization

**DEADLINE TO  
REGISTER:**

**JULY 15<sup>th</sup>**

## THE LAND OF MEDICINE BUDDHA, SANTA CRUZ

3 Days, 2 nights...ALL delicious organic meals included!

Approx. 15 hours of coursework totaling 1.475 RID ceus

Friday 3:00pm-5:00pm: Welcome/Orientation - Qi Gong 5:00pm-6:30pm

Evening Meditation 8:00pm-9:00pm

Saturday 9:00am-5:00pm: Yoga & Staying Healthy Through the Seasons

Sunday 8:30am-12:30pm: Food for Thought & Meditation

Accommodations range from per person:

\$320 (dorm-3 to 5)

\$350 (double)

\$440 (single)

**EARLY BIRD REGISTRATION before July 1st=\$20 off**

**NON-INTERPRETERS=\$50 off**

WE MUST HAVE 15 people for the trip to be a "go"

\$150 deposit required by July 15th (non-refundable unless trip is canceled)

Mail check to Teresa Sedano/HCEUS, 280 Groth Circle/SAC, CA. 95834

## **ABOUT THE PRESENTERS:**

**Joyce Faidley, M.A.** Joyce has a Master's degree in Communication and has previous work experience in San Diego with rape victims, battered women, and abused children. In 1990, she relocated to Sacramento and continued her work in social and environmental issues. She is a certified practitioner in Medical Qi Gong, and also teaches Wisdom QiGong, a self-healing practice that uses breath to release blockages and connect heart to mind and Shibashi Qi Gong, which connects the student to the natural world of plants and animals with gentle rocking and stretching motions. Medical Qi Gong is the emphasis of her courses, where she focuses on clearing negative energy from organs and then bringing in pure energy to heal and strengthen those organs. Joyce currently works for the State of California in environmental protection and offers a weekly Qi Gong class to employees. She also offers classes to senior day care programs, women's groups, and community organizations to assist both clients and professionals living and working in stressful situations to learn how to connect with the loving power of chi.

### **Julie Keller, R.N.**

Julie Keller is a registered nurse and lives and works in San Francisco. She has been in practice for 5 years specializing in the care and treatment of patients with neurological injuries.

**Keelyn Riley, M.S.W., LCSW** Keelyn is a licensed clinical social worker who focuses on holistic healing using meditation, guided imagery, energy work and certainly yoga philosophy. She has been in private practice since 2001. Keelyn has presented a course the "A Taste of Health" workshop sponsored by Health CEUs in Flagstaff, Arizona, as well as "Yoga and Meditation for Interpreters" in Costa Rica for the HCEUs 2009 Retreat.

**Julie Carlson, CI/CT** Julie Carlson is a certified sign language interpreter, and currently works full time freelancing throughout California. Julie began her herbal studies in 1997, and has completed three herbal apprenticeships and is now a certified herbalist. She has used herbs medicinally for the past 13 years, and will be sharing her knowledge of how getting back to the basics of using herbs and eating seasonal food can transform your health.