

# Wholeness & Wellness

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## *Workshop Descriptions - 2024*

### **SESSION 1- 9:15 AM to 10:45 AM**

#### **Lost and Found: How to Regain our Sensuality After Loss/Trauma, A Somatic (mind/body/soul) Approach**

**Host:** **Amy Pickett-Williams**, LCSW, RYT has been providing grief counseling for over 25 years. She utilizes a somatic (mind/body/soul) based lens as a psychotherapist and yoga teacher. Amy Pickett-Williams, along with a dedicated group of volunteers, founded the non-profit organization, The LIGHT Movement (Love in Grief, Held Together). The LIGHT Movement is built on the understanding that grief touches everyone, and it is essential to learn how to work with grief and grow through it. The organization's mission is to support individuals and communities in their grief journey, recognizing that our entire world is grieving.

**Description:** So many of us have experienced times in our lives when we have lost our sensual selves. Learn the science of why this is AND what we can do to work toward healing an integral part of who we are as living beings. This talk explores the profound impact of loss and trauma on our sensuality and connection to our bodies. It delves into how these experiences often create barriers to experiencing pleasure, intimacy, and a full range of sensory experiences. The presentation emphasizes a holistic approach to healing that integrates the mind, body, and soul. The talk aims to empower individuals to reconnect with their sensual selves, offering a compassionate and integrative pathway to healing that honors the complex interplay of mind, body, and soul.

## Reflections in Resin: Crafting Intention and Connection through Nature, Breath, Movement, and Arts

**Host: Rhiana Westlund** has a background as a holistic health practitioner and mixed media artist, with extensive experience in wellness, creative arts, and community advocacy. She is passionate about using mindfulness and creativity to deepen connections with oneself and others. Rhiana looks forward to building community and guiding participants through an enriching and intentional art experience.

**Description:** Join us for a journey that integrates body, breath, and movement amidst the serene nature of La Foret. This activity invites participants to engage in mindful creative arts. We'll begin with an intention-setting meditation, followed by a nature walk to collect natural elements. These will be used to create a resin keepsake, symbolizing your personal connection to La Foret and your experience at Wholeness and Wellness.

## SESSION 2- 11:00 AM to 12:30 PM

### Acupuncture and Awakening the Spirit of Sensuality

**Host: Dr. Sakshi Mears** is a Licensed Acupuncturist and Doctor of Acupuncture and Herbal Medicine. She has been in private practice since 2017 and currently has a clinic in the Wash Park neighborhood of Denver on Old South Gaylord Street. Sakshi specializes in holistic wellness and can treat any health condition using a combination of therapies including acupuncture, herbal medicine, cupping, moxibustion, bodywork, CBD, and natural supplements. Patients come in for emotional wellness, pain, migraines, digestive disorders, fertility, hormonal regulation, menopausal symptoms, allergies, immune system support, and much more. Sakshi is also a yoga teacher specializing in hot yoga and prenatal yoga and has owned a tea shop and apothecary for many years. Learn more about Dr. Mears at [firelilyacu.com](http://firelilyacu.com).

**Description:** In Chinese medicine there are organ systems that connect to meridians, or energetic pathways, that cross the body in a series of acupuncture

points. Keeping those systems in balance brings the body back into harmony and wellness. Sensuality and healthy libido are connected closely to these pathways. We will discuss some common imbalances and how they affect your reproductive and hormone systems, and how to increase your sense of pleasure and intimacy by bringing the body back into balance using acupressure and breath work. We will also explore some easy to find Chinese herbs and create a custom loose-leaf tea blend that will awaken your sensual nature and relax your body. If you are interested in experiencing acupuncture you are welcome to sign up for a mini-treatment later that afternoon.

## Putting “Me” Back into Motherhood

**Host: Amanda Irtz** is a certified parent coach with over 23 years of experience supporting children, youth, and families. . As the CEO of Confident Parent Collective, she specializes in guiding single and co-parents through the complex terrain of life outside of relationships and marriage, with a focus on keeping their children at the heart of what matters most. Amanda is deeply committed to fostering secure attachment and breaking generational parenting patterns, empowering parents to build strong emotional bonds that enable them to communicate with ease and find joy in small moments. Her work is grounded in the belief that by supporting mothers who are dedicated to improving their children’s lives, a nurturing and thriving family environment can be created, even in the face of challenges like child custody, divorce, and separation.

**Description:** In today’s world, where stress and overwhelm are common experiences for mothers, understanding the science behind self-care and emotional well-being is crucial. Grounded in Attachment Science and neuroscience, this workshop will explore how prioritizing your own needs positively impacts both you and your children. We'll discuss the importance of self-regulation and how nurturing your own emotional health creates a secure environment for your children to thrive.

- Discover practical strategies for integrating self-care into your daily routine, supported by evidence-based methods that promote emotional resilience and well-being.
- Learn how to harness the power of neuroplasticity to reshape your habits, enhance your sense of self, and cultivate a life where you feel grounded and fulfilled.

This workshop offers more than just tools for self-care; it provides a scientific foundation for why taking care of yourself is essential. "Putting Me Back in Motherhood" is an invitation to rediscover and prioritize yourself, creating a ripple effect that enhances your connection with your children and enriches your experience as both a mother and a woman. Embrace this opportunity to step back into your power with grace, confidence, and a deep understanding of the science that supports your well-being as both.

## Having Fun with Line Dance

**Host: Mack and Yong Sharp** have been longtime members of the Black Forest Community Center where they regularly teach line dancing. Mack and Yong have been married nearly 50 years and are both retired with close to 70 years military and federal service collectively. They enjoy blessing others through the joy of line dance, and have taught everywhere from community centers to cruise ships.

**Description:** Think you "can't dance"? No problem! Line dancing is a fun and easy to learn style of dance that virtually anyone can do. We will begin by teaching some of the most popular line dance steps. Then we will combine them for three or four line dances. Come try something new and have a blast! We promise you will come away smiling.

## SESSION 3- 4:00 PM to 5:30 PM

### Finding your Pleasure Center: How being curious about yourself is the first step to partnered sensuality

**Host: Heidi Anderson Sauder**, PhD- is a clinical psychologist, certified sex therapist, and certified Gottman therapist. She works with partners to increase emotional and sensual connection and enjoys writing and lecturing on relationship enhancement.

**Description:** Sexual health is part of overall health yet many of us have received

unhelpful education on sensuality. This talk highlights how you are your own expert in sensuality and when you take the time to get to know yourself, you are then able to put into words your values and desires. Come for an inspiring look into how you can enjoy the pleasures your body has to offer. For those of you in a partnered relationship, there will also be a few tips on how to communicate about sensuality to build greater connection.

## **Gut Joy: Making Kombucha and Fermented Foods**

**Host: Michele Thompson** has lived in the great city of Colorado Springs for over 40 years. She enjoys the natural beauty of Colorado and all it has to offer. Michele has always had an interest in the inner workings of the body and pursued certification in natural herbs. Michele has discovered the many plants that aid in natural healing by attending herb walks and studying their abilities.

**Description:** Oh boy, what a joy to feel good having a healthy gut! Kombucha is a delicious, delightful natural beverage. Fermented foods are tasty and a wonderful way to get a daily dose of goodness! Kombucha and fermented foods are filled with gut healing probiotics that will provide a flora of healthy bacteria that helps with digestion, boost the immune system, and absorb nutrients. Both are full of antioxidants and can help protect the body from damage caused by free radicals and can also improve stool consistency and regularity. This exciting, interactive workshop will introduce you to the wonderful world of natural gut health!

## **Naming the Ache: Poetry for Wholeness & Healing**

**Host: Grace E. Kelley** is a Farmer, Storyteller and Poet. Her work focuses on the power of naming the aches of life through vivid language, both in her poetry and prose, as a way to pursue greater freedom and wholeness. She is a wife, a mother, a follower of the gentle way of Jesus, and a deep believer that incredible beauty can come from the compost heap.

**Description:** Have you ever felt overcome with emotions, and wondered if anyone else has ever felt the way you do? Be it from the ache of losing a loved one, the pain of trauma, or simply the aches that come with living in a world that sometimes hurts more than it heals—join author and poet Grace E. Kelley on a journey toward discovering how the language of poetry can be a pathway towards healing through the power of naming the aches of life. This workshop is designed to be an accessible

introduction to using the language of poetry as a form of connection with others,  
and integration with self. NO EXPERIENCE WITH POETRY REQUIRED. ALL SKILL  
LEVELS ARE WELCOMED AND ENCOURAGED.