

YOGA -

Michael Szymanski, 360.638.2530

Style: Classical Hatha Yoga as taught by the masters of East India. The philosophy is non-denominational and does not encompass or conflict with any religious practice. The Philosophy of Yoga simply stated is, 'reduce mental stress and flexibility and vigor return to the body'.

Sounds simple but persistent practice is required to train both mind and body.



*Balance your life
through purpose,
practice
and
persistence*

DRINK GREEN

We carry Rachael Jean's

HERBAL SYMPOSIUM



International Award Winning
Ultimate Greens

SATORI's mission is to provide an environment of talented therapists each with their own unique offering. Our second goal is to help educate the community through classes, lectures, book groups, and support circles focusing on alternative & natural therapies.



SATORI
Mind~Body~Soul
Well Being Center

18978 Front Street NE
Poulsbo, WA USA 98370

Visit us on the Internet at:
SATORIWELLBEING.COM

Located in Historic Downtown Poulsbo
(above Bayside Engravers)

**FREE COMMUNITY EDUCATION
AVAILABLE MONTHLY**
Check our calendar online or call:
360.598.5700

SATORI
WELL BEING CENTER



Mind~Body~Soul

Acupuncture | Chinese Medicine | Herbalist
Holistic Nutritionist | Hypnotherapy | Massage
Mental Health Counseling
Orthotic Foot Scans

A unique center
bringing together
talented health practitioners
and the community.

SatoriWellBeing.com
360.598.5700



SATORI — PRACTITIONER DIRECTORY

WELL BEING CENTER

Please contact individual practitioners to schedule appointments

ACUPUNCTURE -

Barclay Calvert L.Ac, 360.316.9431

BarclayC@gmail.com

Barclay practices a gentle style of acupuncture, focusing on freeing up painful areas in the body & returning ones body to its' natural alignment. Barclay also has extensive training & experience in the use of Chinese herbal medicine and has a full herbal pharmacy from which he creates teas made specifically for each person.

www.nourishinglifeacupuncture.com

HYPNOTHERAPY & ENERGY

WORK -

Mary Bonnier, 206.384.7081

www.BainbridgeHypnosis.com

Transpersonal Hypnotherapy offers a painless, fast technique for creating change in your life. Hypnotic relaxation can open a vast inner source of power for positive change allowing you to tap into your own unlimited resources to create the life you really want. The use of energy therapies Reiki and EFT, in combination with therapeutic inquiry, can deepen therapy by integrating body, mind and spirit. Mary currently specializes in weight release, smoking cessation and hypnosis for IBS. She also gives Reiki treatments, passes attunements and offers teaching sessions for all Reiki levels.

Jennifer Hall, 360.969.0721

Jennifer helps provide you with tools to change your life and become a happier, healthier, more productive person. She helps her clients discover that this change doesn't need to be difficult or painful, rather it can happen easily through a process she has developed working with proven methods such as Hypnosis, NLP (Neuro Linguistic Programming), TPM (Thought Pattern Management) and Energy Healing. Whether you are seeking help with career, relationships or health related breakthroughs, Jennifer takes a client centered approach that is enhanced by a balance of practicality, sense of fun, imagination, and a warm and genuine concern.

INDIVIDUAL & GROUP

COUNSELING/THERAPY -

Jill Stenerson, 360.265.2410

jill.sten@comcast.net

Jill has a Master of Arts in Counseling Psychology. She has been trained in and exposed to a variety of therapeutic models and her approach to counseling combines many of these theories, including but not limited to, Interpersonal/Relational Psychology, Psychodynamic as well as Dialectical Behavioral Therapy and Attachment Theory. During her sessions she draws from different orientations according to the needs of the client. Her special emphasis is on individual and family counseling which includes sexual abuse, anxiety, depression, and relational struggles.

NUTRITION -

Rachael Jean Harper CH, NTP, -360.301.3130

www.empoweredherbals.com

Certified Herbalist, Teacher and Holistic Nutritional Therapist, Rachael Jean uses a scientifically proven method of neural-lingual testing to determine imbalances in the body, and the foods, herbal medicines & supplements to correct it. She also teaches the Science and Art of Herbology Apprenticeship Program. Herbalist, Teacher and Holistic Nutritional Therapist, Rachael Jean uses a scientifically proven method of neural-lingual testing to determine imbalances in the body, and the foods, herbal medicines & supplements to correct it.

MASSAGE -

Heather A. Adams LMP, 360.286.7105

Heather is a graduate of the Port Townsend School of Massage and has been providing massage therapy for 9 years. She studied many modalities and is able to give a massage that is tailored to the person on the table. Cranio Sacral, Energy work, Reiki to help balance and calm the body. Swedish Massage, Structural Relief Therapy, Trigger Point Therapy, Myofascial. Heather specializes in massage techniques that help ease the pain of shoulder, neck and low-back troubles. She is a KPS provider and takes L&I and PIP claims with a doctors referral.

Susan Bublitz LMP, 360.437.5058

Susan is a Licensed Massage Therapist and a graduate of the Northwest Academy of Healing Arts. She is nationally certified in therapeutic massage & bodywork (NCBTMB) and is trained in Swedish Massage, specializing in deep tissue and neuromuscular therapy. Integrating various energy techniques, her work is an intuitive blend of these skills. Each session is tailored to the client's needs and preferences while creating a safe and comfortable environment for bodywork.

Rena J. Riddell LMP, 360.540.1751

Rena is a Licensed Massage Practitioner, graduating with honors in 2008. She has a compassionate spirit and a gentle hand, yet strong enough to provide wonderful deep relief. Rena strives for excellence in her techniques so that she can bring the greatest amount of trust, comfort, compassion and healing. Rena offers a range of healing modalities: Swedish, for relaxation, Deep Tissue and Trigger Point for muscular pain. Her specialty is Side-line Treatment for low back and sciatic nerve pain relief. She is certified in Medical Massage Therapy and holds a current CPR Certificate.

