

THREE ADDITIONAL STARS For our Creative Rhythms Retreat!



CARALIE NORMAN - Body/mind-based modalities

Caralie Norman brings a holistic focus to our exploration of creating art. She is a trauma practitioner and spiritual director with over 20 years of experience offering body/mind-based modalities to support a 3-centered approach to wellness.

Fear, “the blahs” or stuck-ness seem to be some of the obstacles all artists face at some time in their lives. What if intentionally adding rhythm and practices to our lives could help us break through into a flowing freedom to express our authentic selves?

- Explore holistic practices to enhance your creativity/artistic expression in a community of artists.
- Indulge in an inspiring journey of reconnecting with your own rhythmic core and discover how it can be expressed in your own art and life.
- Learn how to create your art from (a balance of) your 3 centers of awareness.

Bring your wonderful self and a sense of adventure and join the fun!



KIM HUERTA - Yoga

Kim Huerta is committed to the simple life....Being healthy and happy. Kim's mission is to be present and to help people attain their highest potential. She spent a career supporting women and children from all walks of life. She discovered yoga in an attempt to heal a chronic stiff neck developed through years of stress as a social worker. Yoga was the path that dramatically changed her life!

Kim continues to seek mental, spiritual and bodily freedom. She has so many wonderful teachers including her Family and Friends, Davidji, Tias Little, Kia Miller, Krishna Dass, Janet Stone, Meghan Morris and so many more great Yogi's. She feels so blessed to continue this path by giving support and guidance too women in their own yoga journey! Kim's style of teaching incorporates fluid movement via Vinyasa and Amba Yoga, Kundalini (movement of energy), stillness (Yin and Restorative Yoga), pranayama (breath) and mindfulness (meditation).

You will experience elemental, movement-based yoga designed for women that awakens the innate wisdom, creativity, vitality and joy within. Your yoga is your yoga... This style of yoga is for any level of practitioner.



CARLA HEISE

Carla Heise, coordinator for Creative Rhythms Retreats (carlaheise@gmail.com) will be available for any questions, concerns or special needs that arise before or during the event. As a former researcher of cancer biology and oncology drug development, she continues to explore life and expand her creative potential. This retreat tugs on her heartstrings, as nature, art expression, body movement and meditative practices are among her favorite things. She will be participating fully in the program with us and assisting as needed.

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