

*Camp de Benneville Pines 2018  
Women's Retreat/Celebrate Nurturing  
20th Anniversary*

*Camp Co-Deans:*



*Kathleen Moscato: (on left)* Kathleen is Director of Children and Family Ministry at Palomar UU Fellowship in Vista CA. Kathleen is the mother of two boys and fell in love with Camp de Benneville Pines when she brought her sons up here 7 years ago. Kathleen Co-Deans the Summer Junior High Camp each summer and has had various other roles at camp over the last 7 years.

*Marianne Swift-Gifford: (on right)*

Marianne Swift-Gifford is an avid nature lover who is passionate about camp! She and her two sons are involved with many PSWD camps! She

Co-Deans the PSWD Junior High Summer and acts as the Parent Coordinator at the PSWD Elementary/Family Winter Camp! Marianne is an active volunteer back at Palomar UU Fellowship in Vista, CA, working as a greeter, leader with the youth, Camp Champion, and serves as the Board Secretary!



### *Kelley Grimes:*

The Keynote speaker is Kelley Grimes who will explore “Nurturing the Chrysalis: Honoring, Nurturing and Loving Ourselves through all the Transitions and Transformations of our Lives.”

Kelley Grimes, MSW, is a counselor, speaker, internationally best-selling author, self-nurturing expert and founder of Cultivating Peace and Joy. She is passionate about empowering overwhelmed and exhausted individuals to live with more peace, joy and meaning by supporting them in getting to the root of their habit of self-neglect and guiding them in cultivating sustainable practices of self-nurturing. She works with individuals, couples, and families and offers workshops, retreats and e-Courses. Kelley also provides professional and leadership development to organizations dedicated to make the world a better place and is the Director of Community Engagement, Instructor and Leadership Coach for Leap to Success, empowering women rebuilding their lives from domestic violence, homelessness, and other major life challenges. Kelley is married to an artist, has two empowered daughters, serves as the President-Elect of the Palomar Unitarian Universalist Fellowship and loves to sing with the small women’s singing group, the UUnrecorded Divas. Learn more about Kelley at <https://www.cultivatingpeaceandjoy.com>



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### *Retreat Chaplain*

#### *Rayna Hamre*

Rayna Hamre is a ministerial candidate, who is completing her coursework at Meadville Lombard Theological School this spring. Rayna served as chair of the planning committee for the restarted de Benneville Pines Women's Weekend in 1998, and is thrilled to return for the 20th anniversary! In addition to her Unitarian Universalist background, she has studied the western mystery tradition, shamanic practices, and served as a member and leader of a local CUUPS group. She has recently been involved in advocating for the homeless in Orange County. She has completed formal Clinical Pastoral Education (CPE) training, and is looking forward to serving as the camp chaplain for the weekend.



## *Workshops offered by Marianne Swift-Gifford and Beth Barnum*

### *Friday AM Hike*

Join Marianne and Beth on this moderately challenging (for experienced hikers in good physical condition) and VERY SCENIC HIKE that travels the north face of the San Bernardino Mountains ridge from Camp de Benneville Pines! It's approximately 3 miles from camp...so, 6 miles round trip if the group agrees to go all the way....we can decide as we go how far we want to go! Bring water, hat and sack lunch and enjoy a 4 hour hike up to the meadows and back. The thrill of the ferns popping up, the rushing water of the snow melt streams, the birds singing in spring, will all be a part of this nature trail walk. "I love to go a wandering, along the mountain trail, and as I go, I love to sing, my knapsack on my back!" Leave Friday morning at 10 am, and return around 2 pm. Plenty of time to enjoy the hot tub before check in time, or grab a massage after returning from the hike.

**Note:** This dirt trail is uneven/fairly rocky and narrow at times with about 1000 foot elevation gain. Hikers should be prepared for this, have good hiking shoes! Also, at this higher elevation, walking/hiking takes more effort for us. We will hike as far as the group agrees AND take several rest stops to snack and take photos!!

### *Jenks Lake Hike*

Join Marianne for a 2 mile (round trip) walk down to Jenks Lake. We'll go the super scenic, off road trail by the cabins across the street from camp to get to the lake! If you haven't been to Jenks Lake yet, you should join me for a beautiful, easy to moderate walk on the quiet trail and then back on Jenks Lake Roadside. Once there we will spend approximately 30 minutes at the lake, taking in the majestic mountain views, the lake, the splendid forest, and the wildlife...remember to bring your camera for many amazing photo opportunities! The views are spectacular! After our time at the lake, we will walk back via the road to camp to eat lunch and prepare for another restorative, regenerative, or relaxing workshop!!

**Note:** There is some elevation gain to the lake and then a fairly steep driveway back up from the the lake...slow and steady we shall go :) Good walking shoes a must!

*Marianne Swift-Gifford is an avid nature lover, passionate about camp, hiking while at camp, and sharing this experience with new hikers at camp! She also Co-Deans the PSWD Jr High Summer Camp and serves as the Parent Coordinator at the PSWD Elementary/Family Winter Camp! She and Beth hike as often as possible back home in North San Diego county!*

*Beth Barnum is a lover of the outdoors, if she can't make it on a hike then you will find her walking her dog Zen around the neighborhoods of Oceanside. She has been a Hiking Shepard at the Golden Door Spa in San Marcos for 12 years. What is a hiking shepard you ask? Beth*

walks behind the last hiker, ensuring that all hikes have an enjoyable hike and that all hikers return without getting lost. She usually is a shepard on the 5 mile hikes, which are her favorite. Beth has 2 children, Jessica 13 and Brett 10. Both of her children love Camp De Beneville as much if not more than Beth. They have attended weekend Family camps and weekend Elementary camps and weeklong Jr High Camps. This will be Beth's 3rd time attending the Women's Retreat and is excited to be able to "shepard" the scheduled hike through the great outdoors surrounding camp.

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## *Workshops offered by Kasey Cinciarelli*

### *Wine Tasting*

Join a dozen new friends for a casual wine tasting event comprised of a mix of varieties from near and far. Some paired snacks will be provided. Attendance limited to the first 12 who sign up.

### *Birdwatching*

Please Join us for an early morning walk into the woods to identify local birds in the area behind camp DeBeneville Pines. Load the free EBird app onto your phone, in advance if you are interested in having a tally of ALL the birds you see for the entire year. A list can be kept electronically by one person and shared with anyone who has set up an account. I was never able to keep a birding list until I started using this wonderful, free app. You will need binoculars. A bird book is optional. I will bring my Kowa birding scope for the groups viewing pleasure.

*Bio: Kasey Cinciarelli is a long time lover of the mountains, the environment and passing on knowledge of the things she loves.*





*Workshop offered by Katia Hansen*

## *Self Nurturing for Activists and Self Nurturing Through Activism*

We will think creatively about and discuss ways for activists to incorporate self-nurturing and self-care into our busy lives. We will discuss emerging relationship based models for squad-care and community-care, and consider ways in which activism and advocacy based in collective liberation can be forms of self/squad/community - care.

*Bio: Katia Hansen is the President & CEO of UURISE - Unitarian Universalist Refugee and Immigrant Services and Education, and a congregant at Palomar UU Fellowship in Vista, CA. Katia has been with UURISE since its formation in 2007 as it allows her to blend her education and experience in law and social worker to do work that makes her heart sing. With a mission of advancing justice and human rights for immigrants and refugees, and through an empowerment model, UURISE provides direct legal immigration services, education, and organizing and leadership opportunities.*

*Through UURISE, Katia provides national UU leadership in justice work, organizing UUs to deepen and broaden their immigrant rights and justice work by providing support, training, and technical assistance on issues ranging from the discernment process for Sanctuary to developing covenanted, accountable relationships in the community. She regularly presents workshops and educational opportunities, and serves as a resource for Immigration related worship services and Religious Exploration curricula.*

*When she isn't doing justice work, you can often find Katia singing, attending live music events, or relaxing at home with her partner, their bird, and two cats.*

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## *Workshops Offered by: Kelley Grimes and Fiona Serebriany*

### *Nurturing Yourself in Nature*

Join Keynote Speaker Kelley Grimes and Camp Champion Marianne Swift-Gifford to experience different ways to nurture yourself in nature. You will be led through solo and partner exercises including the walking the labyrinth, walking meditation, trust walks, connecting with nature, and even tree hugging!

### *Mindfully Nurturing Your Body*

Join Keynote Speaker Kelley Grimes and her daughter Fiona Serebriany for this empowering workshop to learn how to mindfully nurture your body. We will explore different nurturing body centered techniques like self-massage, body scan, breath work, yoga, nutrition, cleanses, dance and rest. This experiential workshop will support you in building your self-nurturing toolbox.



## *Workshops Offered by Leslie Reuter:*

### *Vegan Cooking Class*--come cook with Leslie in Craig's Cabin as we

learn how to cook vegan! We will be using all plant-based whole foods with NO oil--yep, it is possible to cook amazingly delicious food this way. Come and find out how. Also, check out the related class on a Whole Foods, Plant-Based Diet--how to keep your food from killing you, no kidding. Leslie will provide all the ingredients for our Vegan Cooking Class--bring your apron and favorite chef's knife for chopping, plus a wooden cutting board, if you have one.

### *Whole Foods, Plant-Based Diet*--Leslie is certified in Plant-Based

Nutrition so this is a class to learn all about why what you eat will determine how healthy you are. Recommended: watch some of the documentaries out there such as PlantPure Nation, Eating You Alive, That Sugar Film, Forks Over Knives, or check out the TED talks with either Rip Esselstyn or his cardiologist Dad, Dr. Caldwell Esselstyn and the great videos with clear explanations on Nutritionfacts.org from Dr. Michael Greger. Bottom line, you are what you eat, so learn why and how to eat in a way that nurtures your health.

*Bio: A banker by trade, Leslie loves the outdoors, especially Camp deBenneville Pines, lives a green sustainable life, was formerly the Treasurer (the banker always gets asked to be the Treasurer--go figure!) and on the board of her church, Emerson UU Church in Canoga Park where she is now the webmaster. Anyone an expert in Word Press? I would love to talk! Her three children all grew up going to Camp every year. Over the years, I have gone to all the Women's Weekends, plus we have gone to our church camp and family camp, they went to the youth camps, and one daughter even went to Camp Bravo for two years. Leslie is certified in Plant-Based Nutrition, and will be offering two workshops related to eating a whole foods, plant-based diet--so much better for the planet and so much better for us--be sure to join us to learn more!*

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### *Workshop offered by Sharon Goodlove*

#### *“Sexual Misconduct Experiences – ‘Stories’ and Healing”*

Being a woman has provided and accosted us with many experiences in a gender-biased culture. Whether we “only” witness power misused toward our female family, friends, or strangers, it is upsetting. If we were involved personally with condescension, harassment, slurs, dirty jokes, job pass-overs, abuse or violence, the affect physically, emotionally and spiritually can be unhealthy and downright devastating. Time for focusing on our ‘stories’ is important and need not be shared out loud; AND, we will use the energy balancing technique, Thought Field Therapy (TFT), to heal the constellation of conscious and unconscious slings and arrows. TFT is a simple, quick, remarkably soothing and efficient self-help treatment; also a take-home tool for one's emotional first-aid kit. This process has proven its worth used by therapists, nurses, doctors, chiropractors, acupuncturists, ministers, and as a self-help technique for thousands around the world. The technique brings immediate relief, almost always, from situations of children dealing with bullies, to genocide survivors in countries such as Rwanda. We'll close with a grounding and calming guided visualization for freely engaging with the Camp setting.

*Bio: Sharon Goodlove, a long-time supporter of Women's Retreats at de Benneville Pines, is personally and professionally experienced in counseling therapy for reduction of anxiety and trauma on this topic for 30 years in San Diego.*



## *Workshop Offered by Maria Dolegowski*

### *'Learning to Speak the Language of Stones'*

In this healing workshop participants will learn about gemstones and crystals, and how they relate to healing work for mind, body, and spirit.

We will talk about the 7 Major Chakras, the energies they represent, and the gemstones and crystals that are related to those energies. We'll also talk about how to choose, cleanse, activate, and charge gemstones/crystals for use in personal healing and home use.

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*Bio: Ordained Clergy (Known as Anakae Z'ela Ana't. Trained in traditional Witchcraft in Pennsylvania by MotherChant Coven, HPS Lady Maeve Rhea; Associate of WeavingFlame Coven, HPS Ma'Athea Alea). Spiritual Jewelry Creation Spiritual Counseling. Divination using Tarot, Gemstones, and other tools with Guidance from Spirit Team. Personal and Group Ritual Creation, Guided Meditation, and Shamanic Journeying. House Cleansings & Blessings, Chakra Balancing Sessions, Reiki Master, Alchemical Healer (in training), Empathic; Clairsentient; Clairaudient. Born and raised in New York City, Maria's jewelry making passion got started over 45 years ago in her grandmother's magical button box. Since 1990 Maria's focus has primarily been on the spiritual side of jewelry: how it may become a touchstone on life's journey; how stone energies may work to support the wearer's needs; and even how we may use stone energies in jewelry to heal ourselves.*



## *Workshop Offered by Karen Quinn*

*Decorating Silk Scarves* Come and Get Creative - we will be using an assortment of colored Sharpie Markers to draw on white silk scarves; when done you will spray them with rubbing alcohol and scrunch, then let dry. When finished, you will have a beautiful work of art!

*Bio: Karen is an avid camp goer and supporter since her husband introduced her here in 2005 and she spent 8 years on the Camp Board of Directors as secretary. Karen is a Licensed Clinical Social Worker and has just opened her private practice in Apple Valley, Ca.*

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## *Maritza Sanders (Collaging Chill)*

### *Workshop: Collaging Chill Lounge*

Imagine mellow Bossa Nova notes floating quietly in the background, through the freshly chilled mountain air. You've got on your favorite slippers, and you're sitting in a warm, comfy seat with oodles of time to just be...you. At the Collaging Chill Lounge, we will enjoy a quiet, relaxing space to delight and linger in. Come tickle your imagination and nurture your sense of wonder by creating a collage keepsake.

*Bio: Maritza M. Sanders offered interpersonal development support and advocacy as a peer counselor during her undergraduate studies in sociology and education at UC Santa Barbara. She is a developmental specialist for a local non profit agency, and has been returning to writing, facilitating educational workshops, and dedicated playtime as often as she can. She lives in Oceanside, California with her husband and their vibrant family*

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## *Workshops offered by: Eileen Maurer*

### *Yoga to Nurture Your Mind and Body*

Eileen will lead a 75-minute yoga class which focuses on opening and relaxing our minds and bodies, including yoga flows and poses that accommodate students of all levels with options available for beginning, intermediate and advanced students to explore.

### *Meditation for Ruminators*

Rather than trying to clear our minds, this workshop presents a different path to meditation. Instead, we think deeply on each of the things swirling in our minds, in order to discern the reason they are there. Their importance and power to weigh us down can usually be diminished. The workshop incorporates the Hindu concept of Kosha, the five sheaths (physical, energy, mind, intellect and bliss) which cover our true Self.

*Bio: Eileen Reno Maurer is a certified yoga teacher and has practiced yoga for 20 years. She has been a long time member of Palomar UU Fellowship in Vista, and for many years she has been speaking at Unitarian Universalist congregations in California, exploring the intersection of the sciences, nature, mathematics, culture, religion, spirituality, and ethics.*

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## *Workshops offered by Kat Dickson*

### *Goddess Pendants (Shown Above)*

In this workshop Kat will help you combine polymer clay with stones and shells to create beautiful "Goddess Pendants". Kat will provide prepared polymer clay, Goddess faces, stones, shells, and metallic powders for your pendants (or shawl pins).

### *Positive Affirmation Workshop (Left Picture)*

In this workshop Kat will provide you with templates and polymer clay that you will use to create a "pouch" that holds a positive affirmation. This pouch can be worn as a necklace or be hung on a chain so that you keep your affirmations in a place you can view them frequently.

*Bio: With a degree in Instructional Technology and a minor in Graphic Design, Kat Dickson spent 30 years in the management training industry and retired in 2011. Wanting to branch out from her previous painting skills, Kat joined beading groups, started working with polymer clay, and began assembling found objects into mixed media art pieces. Kat's mixed media art has been featured these last 3 years in "Just Mixed Media" and "Just Steampunk" magazines. If you want to see more of Kat's work, you can go to Pinterest/Kat Dickson and view the boards titled "My Mixed Media" or "My Jewelry", or "My Paintings", etc.*

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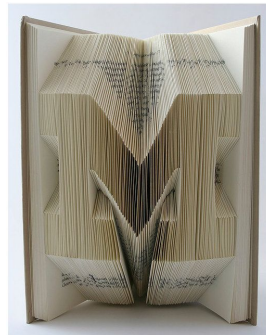
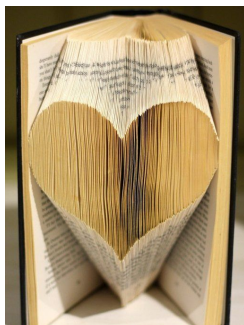


## *Workshops Offered by Michelle Partain*

### *Intro to Knitting*

Knitting is beneficial to a healthy body and mind. Studies show that knitting can reduce stress and provide relief for sufferers of depression and anxiety, slow the onset of dementia, distract from chronic pain, and help release the pain of arthritis. The complex problem solving and repetition have effects on the brain similar to meditation and can help protect your brain against aging. Sit down with me and learn the basics of knitting. Learn to “cast on” stitches, how to do a knit and purl stitch, and how to “cast off”. Enjoy the creative satisfaction of making something heartfelt, warm, and beautiful! \$5 materials fee to take home a set of needles and yarn.

*Bio: I am a wife, mother and work as a hairstylist in Redlands. I love musical theater, literature, and knitting. If I'm not at work, I can usually be found on the soccer sidelines or backstage knitting while supporting our adventurous kids. A coworker taught me to knit around 14 years ago and haven't put down the needles since. Knitting fulfills my need to create and I love to make memorable, unique gifts for my friends and family.*



## *Workshop offered by Lauren Schmid*

### *Book Folding Workshop*

Book folding is an easy project that turns an old hardcover book into a new piece of art. You will choose a shape, letter, or whole word from a large collection of patterns I will provide. 90 minutes is enough time to complete a shape or a simple letter, while complex letters and whole words will take twice as long but are easily completed on your own time. My daughter created the Love book she is displaying in about 3 hours (see photo).

Skills required:

1. CLOSE-UP VISION, SO BRING YOUR READING GLASSES
2. Making small marks with a pencil
3. Folding

All materials will be provided, including the hardcover books, which are yours to keep.

Maximum enrollment: 12

*Bio: Lauren Schmid is a Certified Massage Therapist whose hands are always busy, with work or tactile hobbies/crafts.*



## *Workshops Offered by Fiona Serebriany*

### *Morning Yoga Class -*

Wake up your body to the sun with an energizing 1 hour vinyasa flow. Starting your day with gratitude, join us for an empowering yoga class to deepen your connection to your mind, body and spirit to prepare you as you nurture yourself throughout the day

### *Evening Yoga Class -*

Wind down with a restorative yoga flow to support you in synthesizing all you have experienced throughout the day. Ground your day in gratitude and grace as you join us for an hour long relaxing yoga class.

*Bio: Fiona is passionate about health and wellness as a result of her own chronic health challenges. Practicing yoga since she was a child she had a love for yoga, but it was not until she made yoga a part of her daily self-nurturing practice that she transformed her life.*

*After finding more love, grace, and strength in the four corners of her mat then she had ever felt before before, Fiona made it her mission to share this amazing practice with others. She is a certified yoga and sculpt yoga instructor and is soon to be a certified Holistic Healthcare Practitioner and massage therapist. When not on her mat you can find Fiona in the ocean, on an adventure with loved ones, and chasing the sun.*

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## *Workshop Offered by Cathy Rowan*

### *Meditation Hour*

Please wear comfortable, warm clothes, including socks, a yoga mat (if you have one), a pillow (if you'd be more comfortable), and a throw. (to cover yourself, if desired).

*Bio: A life long learner in love, self care, and care for others, Cathy practices meditation as a pathway to receiving her peace and peace for others. Feeling the deep, healing effects of meditation is paramount to her, and she welcomes opportunities to share how meditation helps. Cathy taught meditation at Family Services and privately, practices daily, and has recently renewed her meditation tools. Self knowledge is a path to peace.*

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## *Workshop Offered by Anne Thorward Short Hike & History*

Meet at deck outside of Lodge. Hike only around campus. Hear a brief history of Camp de Benneville. Get some exercise after breakfast and find out: How did Camp get its name? Where is George de Bonneville's grave? How did UUs acquire this camp? Where did the money come from? Who built the cabins? Where did the 2014 Lake Fire start? In just over an hour you will learn more trivia than you could imagine about our beloved camp.

*Bio: Anne has been an active UU for 40+ years. She and husband Tom met, married and raised a family in UU Church of Silver Spring MD. Camp Greentop, adjacent to Camp David was their retreat experience in the east. After moving from DC area to CA 12 years ago, they became dedicated supporters of Camp de Benneville, a UU-owned Camp.*

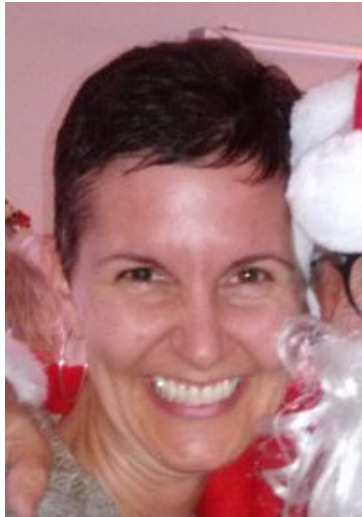


## *Jody James Intro to Belly Dancing*

Intro to Belly Dancing Jody James Coffee House Introduction to Belly Dance starts with a gentle warm up, basic moves and some easy routines. Hip scarves and finger cymbals available in class (& for sale) if you don't bring your own. Shake your bootay; unleash the goddess within!

## *Self Serve Nurturing (please note some may need you to sign up)*

*The following offerings will be continuously available thru the whole retreat. If you are interested in Henna/Jagua and Massage offerings you will need to sign up for a time slot (available at check in). All other offerings will be offered while supplies last.*



### *Henna and Jagua Offering by Lena Wellman Sign Up Mandatory*

I have always had an appreciation for music and art, and doing henna & Jagua is one of the ways I enjoy expressing my creativity. I am feeling inspired after attending the world's largest henna convention in October, and would love to create art on women at DeBenville Pines! I have numerous designs to choose from and will help someone decide what works best. I will provide a sign up sheet at the retreat for women to select time slots, and although I can handle the unique odor of henna, I am unable to handle any additional smells. I ask that women refrain from wearing any scents (perfume, scented lotion, strong hair spray, etc) during their selected time. I will create designs that range from \$10 - \$20 and all proceeds will benefit a dear friend to many of us, Becky Sangha, as she continues her fight against Lyme Disease. Blessings



*Jennifer Kennard will be assisting with Henna so that as many attendees can participate as wanted. Jennifer is a lifelong camper and has attended Summer camps since her youth. She LOVES Camp de Benneville Pines as do both of her children Charlotte and Miles.*



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*Offerings by Rachel Rott  
Rock Painting (& creator of our dance party  
playlist)*

Rachel is excited to be offering experiences at the Women's Retreat in rock painting, as well as a dance party playlist to end all dance party playlists. She believes in the power of art and beauty to heal the world, and in the power of dancing in your kitchen to heal despair and sadness.

*Bio: Rachel is an evangelical Unitarian Universalist who loves our faith and believes in its transformative power in the difficult times in which we live. She is currently President of the Executive Board at Palomar Fellowship where she loves serving with and all-woman Board. Social justice and political campaigns are a big part of Rachel's life, so if you are also someone who gets excited talking about precinct work, find Rachel for what will undoubtedly be a thrilling, wild conversation about ID'ing voters and how to avoid having a door slammed in your face. Rachel loves animals. She has a hard time not singing in the car, much to the dismay of her 13-year-old daughter. She memorized "Jabberwocky" in the fifth grade and still remembers a decent portion of it, despite her memory going completely to hell after having a child. She hates hiking but loves camp. Rachel is an atheist who prays and doesn't believe in ghosts but is still afraid of them. She hopes she has not scared you away with this bio.*

*Camp de Benneville Pines also has a spa, labyrinth, quiet spaces for meditation and access to miles and miles of trails. The weekend will be yours for the taking. We are looking forward to all spending the weekend together*

## Massage Offerings



### *Jody James*

"Mini Massage, Herbal Facials or Acupuncture" Jody James PSWIRL – Cabin 2

Check schedule on sign-up sheet.

Chair massage 10 minutes: \$15 (limited hours Friday and Sunday)

25 minute massage or facial: \$45

55 minute acupuncture treatment or massage: \$80

Sign-up sheet for appointments in the Lodge. Cash, check, MasterCard or Visa accepted.

*Bio: Jody James, Licensed Acupuncturist, operates Asyrah's Garden Acupuncture Spa in Sonoma County, which received Honorable Mention in the Med Spa category of the Bohemian's "Best Of 2011" awards. She is an intuitive and compassionate practitioner who loves the integrity and healing power of Eastern holistic medicine. Jody's professional practice specializes in women's health, pain resolution, stress reduction, facial rejuvenation and quit smoking and includes herbal and energetic medicines.*

### *Cairyl Gardner*

Available All Weekend "Massage" Cairyl Gardner Library – Cabin 2

Relaxing or Rejuvenating Full body Massage

Choose your pleasure:

Aromatherapy massage 25 minutes: \$45

50 minutes: \$80

80 minutes: \$115

Schedule: Fri. 10 am - 6 pm; Sat. 9 am - 8 pm; Sun. 9 am to 3 pm

Sign-up sheet for appointments in the Lodge. Cash, check, MasterCard or Visa accepted.

*BIO: Cairyl Gardner, Certified Massage Therapist, has been honing her craft since 2001, with training in many modalities including Swedish, Shiatsu, Neuromuscular Therapy, Advanced Therapeutic Training, Cranio-Sacral, Energetic and Aquatic (Watsu) massage. She loves what she does and has been told that it comes across in her touch. Cairyl works alongside Jody at Asyrah's Garden and is also an Allied Health Professional at Palm Drive Hospital in Sebastopol, CA.*



