

Complimentary Copy ~ Enjoy!



Tutu's House ~ a community health and wellness resource center

Volume 21 • Number 8 • August 2017

FRIENDS OF ANUENUE PLAYGROUND

Tutu's House Community Meeting / Q & A session
Friday, August 4 • 5 to 6 pm

ALL funds needed for construction have been raised! Now we're building the volunteer force to share in this epic experience — working as a community to build the new Anuenue Playground! The full-on Build-intensive is this **October 23-29, 2017!**



The 5 main Coordinator positions have been filled!

Needed: 8 Crew Leaders to direct building crews.

Experience necessary. Full week, all-shifts commitment.

Needed: 60 volunteer skilled & unskilled laborers per shift, three 4-hour-shifts per day (two shifts on Oct.29).

Needed: Volunteers to work with the
Childcare & Food Coordinators

We will work Mon-Sat, 8am - 8:30pm,
with 2 on-site full-meal breaks.

We will wrap-up with 2 shifts Sunday, October 29, 8 am-4:30 pm,
1 on-site full-meal break.

In 7 Days, Together, We Will

REBUILD ANUENUE PLAYGROUND!

RIBBON-CUTTING IS **SUNDAY OCT. 29 at 5 pm**, WHEN ALL
KEIKI WELCOMED & LET LOOSE TO EXPLORE!

This is a lifetime opportunity - a lifetime memory! You may know someone who helped build the original Anuenue. You or your loved ones have played there. Be part of this next generation of builders and memory-makers.

Join us at Tutu's House August 4! Like us on facebook;
Get info & sign-up at www.anuenueplayground.org; or email
Volunteer Coordinator Michele Sullivan at
anuenueplayground@gmail.com



ZHINENG QIGONG for HEALTH

with Master Bu Xiaojing
and Dr. Zhang Fushun

Monday, Aug 14 • 5:30 to 7 pm

A dedicated core of Zhineng Qi
Gong (ZNQG) practitioners in Hilo

and Waimea are hosting Dr. Zhang Fushun and Bu Xiaojing to bring a new level of expertise in Zhineng Qi Gong to Big Islanders.

Bu, returning to Hawaii Island to teach for the fifth time in three years, is dedicated to the dream of making Qi Gong available to all members of our island community regardless of financial circumstances. Dr. Zhang, a renowned acupuncturist, healer and Doctor of Chinese Medicine at Taijin Hospital joins Bu in teaching ZNQG and Taiji Ball.

ZNQG is a gentle movement exercise, which combines and integrates the body with universal energy to improve mental, physical and spiritual well-being. ZNQG offers a methodology to rediscover the inner medicine—Chi/Qi—the ultimate healing resource within us. Taiji Ball is a practice that builds upon the foundations of Zhineng Qi Gong. This method is used to balance the Qi in the body and mobilizes the channels of Qi to strengthen the body to heal illness relating to joints, spine, high blood pressure, diabetes and the heart.

Master Bu and Dr. Zhang will demonstrate how to access the healing energy of Chi and lead attendees in the practice of reducing pain and stress, improving energy flow and boosting the immune and natural healing systems of all of us.

Tutu's House Hana Hou!

Mahalo to the many donors who made donations totaling \$3,730 in June to support Tutu's House. Your donations, combined with a \$10,000 grant from ABC Stores, helped reach our monthly goal to raise \$12,500 for Tutu's House operating expenses.

With a \$15,000 grant received in July, and increasing community support Tutu's House will **hana hou!**

EMBODYING MINDFULNESS

with Ann Marie Wright

Thursday, August 3 • 5:30 to 7 pm

Authentic connection leads to a more meaningful and passionate life. Most of us are hungry for connection. As we experience the benefits of living life in a more meditative way using our natural senses, our ability to connect with ourselves, and others, increases. In this state of interconnectedness we become more caring and creative.

There are many sources of stress in our world today. Acute anxiety and tension not only affect our physiology, but our ability to cope with life. Embodying mindfulness is an effective tool for managing all types of psychological stress, including chronic



pain, depression, and relationship issues. Embodying mindfulness is a sense of “being at home” in our own body and remembering that our true home is the present moment.

Where our awareness goes, energy flows.

Research shows that people who are interpersonally connected are physically and psychologically healthier and live happier more vibrant lives. Together in this class, we will create an awareness of how our breathing relates to our thoughts. Through guided meditation and experiential techniques, we will practice open-hearted presence and connection with self and others.

When you awaken to your mind-body-spirit connection, the result is LOVE.

Ann Marie Wright is a spiritual teacher and group facilitator with over 25 years of International experience in creating a safe, creative place for hearts to awaken, energetically, sensually and spiritually.

The Best Medicine: Families Helping Families Family Support Group

Facilitated by Alice Bratton & Susan Wood

Wednesday, August 16 • 5:30 to 7 pm



As the parent or caregiver of a child with special challenges, it's not unusual to find yourself not knowing where to turn, or what to do next to make things better for your child and your family. Whether the challenges you face are emotional and behavioral, medical, educational or developmental, there is seldom a clear path to follow to meeting your child's and your family's needs. Families often feel isolated and frustrated, alone in their struggle to figure out what is needed and how to get it.

The best solution many families find is in connecting with other families. Other families who are facing the same kinds of challenges are an invaluable resource. While there may be no magic answers, other families can help by:

- being helpful listeners
- understanding your frustration and pain
- talking about the pleasures, as well as the pain of having a child with special challenges
- sharing information about services and programs that can help your child and your family

Supported by North Hawaii Community Children's Council.

GRATITUDE & FORGIVENESS: Attributes of the Strong

with Jenni Orton, Motivational speaker and personal/business coach

Tuesday, August 15 • 5:30 to 7 pm



Have you wondered how to be grateful when everything seems to be going wrong? And how do you forgive those who've hurt you most? If gratitude and forgiveness are attributes of the strong, how do you tap into that power when you feel so weak?

Jenni will help you discover the power of your thoughts so you can tune into a more uplifting channel where peace, calmness, and confidence reside; for what you focus on grows. Your emotions have a direct effect upon your health, thus when you make

gratitude and forgiveness your primary focus, your world will change drastically. Happiness, freedom, relief, and energy (among many other positive emotions) will flow into your life and you will begin to see that life is working in your favor rather than against you.

It all depends on what lenses you choose to experience life with. Discover simple steps you can take RIGHT NOW to forgive the past, increase in happiness, and draw healthier relationships to you as you live a more peace-filled life.

Jenni is a fun, enthusiastic health and wellness educator who is passionate about empowering men, women, and children to live their truth! She has taught or mentored over one thousand individuals to find healing and balance in their lives and businesses.

Want to Teach and/or Learn American Sign Language?



Editors' Note ...A gentleman wanting to learn a skill he thought may be of interest to others submits this article in hopes it may bring a group together to learn American Sign Language. If you are interested in this, or know someone who may be willing voluntarily lead an ASL program at Tutu's House, please send an email to lorraine@tutushouse.org or call Lorraine or Bernie at 885-6777.

Would you be interested in learning American Sign Language (ASL)? Or are you willing to share your knowledge of ASL to support a group wanting to learn?

Learning ASL can help you and others.

Have you noticed hearing becoming difficult? Today, many people find themselves part of the hard of hearing (HOH) population. Many HOH continue to communicate by reading lips – without realizing it or by getting hearing aids. But hearing aids don't work for some of us. And hearing aids aren't always effective in some environments. Learning ASL can be one of those ways we can help ourselves.

Do you know someone who is deaf or HOH? Do they become mentally and physically exhausted with just the most basic communication. Or maybe you've seen situations where an interpreter for the deaf or HOH is needed; becoming a volunteer might be the answer they need. Also, using ASL to communicate with a newborn helps in their early development, and many infants and toddlers these days are being taught to use sign language from birth.

By the way, learning another language is one of the best exercises for your brain.

So, maybe the question is: Why wouldn't you want to learn ASL?

WHAT is HYPNO BIRTHING?

with Jonmarie Kaulele

Saturday, August 26 • 1:30 to 2:30 pm

We have natural confidence and joy when we are prepared and have appropriate support. In preparing for your baby's arrival, you have chosen a supportive birth team and prepared a safe and welcoming environment.

As you learn and practice self-hypnosis techniques, you create



an inner network of self-support skills for birthing. Feeling your best physically and mentally, you can experience your baby's Sacred day with confidence.

With committed practice, the following benefits are possible:

- Statistically shorter labor
- Deep hypnoanesthesia for comfort
- Fewer complications
- Beneficial physiology (good heart rate, blood pressure)
- Less drugs or no drugs
- More clarity and energy
- More physical, mental and emotional harmony.

Birthing professionals and practitioners, pregnant women and their friends or support team, and birthing teams, and anyone interested in Hypnotherapy are encouraged to attend this educational program.

Licensed by the International Board of Hypnotherapy as a fellow and clinical hypnotherapist, Jonmarie specializes in medical support hypnotherapy with specific training and certifications in hypnosis for birthing.



PR • E = PAIN RELIEF • ENERGY

with Aunty Maile Spencer Napoleon

Saturday, August 19 • 1 to 2:30 pm

Enjoy a Saturday afternoon with Aunty Maile as she demonstrates a warming, heat generated therapy synthesizing the principles of thermal energy, finger-pressure therapy, massage and aroma therapy to stimulate blood and lymph circulation, improve metabolism, support detoxification, strengthen the immune system, and promote deep relaxation.

Ever mindful of the connection between unconditional love and healing, Maile's approach honors the importance of spiritual harmony and emotional balance to reduce stress in support of physical well-being.

August Programs

There are no fees for Tutu's House programs; tax deductible donations are always welcome.

Mind • Body • Spirit

EMBODYING MINDFULNESS with International teacher Ann Marie Wright. The key to being present, is when the mind, body and spirit are connected and grounded in awareness. Together we will co-create conscious community as we nurture our hearts, listen to our inner guidance and access our true power. Through guided meditation and experiential techniques, stress and anxiety dissolves; and we are able to fully open to a state of peacefulness and relaxation. When our bodies and minds are in alignment, we return to our true nature of love and freedom. **Thu., Aug. 3 • 5:30—7 pm**

CHAIR YOGA with Michiko Sato, CYT; for those who need a gentle, slow yoga-in-a-chair practice. Movements are designed to stretch and strengthen the body without standing or lying on a mat. We may include some easy standing poses behind the chair. This class is also good for beginners who may progress to a next level yoga program in the future. **Every Fri. • 9:30—10:30 am**

CHAIR TAI CHI-CHI KUNG with Cathleen Rickard, certified instructor. Enjoy simple, effective hand and leg movements, postures, gentle deep breathing and pressure point techniques while remaining seated in a chair. Tai Chi-Chi Kung movements emphasize flow of internal energy to improve organ function, range of motion, blood pressure balance and over all physical and mental wellbeing. This class works well for seniors, physically challenged persons and folks recovering from surgeries or living with injuries. **Every Mon. • 1:30—2:30 pm**

ENERGETIC AWARENESS: Grounding and Opening through the Chakra System with Kauakea Winston, energy sound healer and astrologer. Energy Healing is a broad term referring to the invisible subtle currents of life. During this 90-minute workshop learn to have a direct connection to your own subtle energy body through the chakra system. Author Anodea Judith says: We will explore this map together to learn how to assess chakra health and enhance the flow of energy through sound healing techniques. **Mon., Aug. 7 • 4—5:30 pm**

ZHINENG QIGONG for HEALTH with Master Bu Xiaojing and Dr. Zhang Fushun, Doctor of Traditional Chinese Medicine from China. Learn about the practices of Zhineng Qigong (ZNQG) and Taiji Ball. Developed by Grandmaster Ming Pang in the 1970's and 80's, ZNQG is a gentle movement exercise combining and integrating the body with universal energy to improve mental, physical and spiritual wellbeing. Learn how ZNQG can assist in the treatment of illness, reduction of pain and stress and the revitalization of the immune system. **Mon., Aug. 14 • 5:30—7 pm**

GRATITUDE and FORGIVENESS: Attributes of the Strong with Jenni Orton, motivational speaker and personal/business coach. Have you wondered how to be grateful when everything seems to be going wrong? And how do you forgive those who've hurt you most? If gratitude and forgiveness are attributes of the strong, how do you tap into that power when you feel so weak? Discover simple steps you can take RIGHT NOW to forgive the past, increase happiness and attract healthier relationships as you live a more peace-filled life. **Tue., Aug. 15 • 5:30—7 pm**

Physical Health & Fitness

YOGA BASICS with Janet Lam; start your week with a smile – feeling balanced, flexible and strong; includes fundamental yoga poses students generally learn within their first year of practice. Although not specifically a beginner's class, the movement sequence can easily accommodate students new to yoga or returning to a yoga practice. **Every Mon. (except Aug. 28) • 8—9 am**

ANCIENT YOGA with Deanna Olivier; this practice includes physical, mental and spiritual discipline for developing awareness, character and consciousness. It is an integrated system of exercise, breath control and meditation combining yoga postures with breathing techniques for a vigorous workout. Bring water, a yoga mat (if you have one) and a towel; wear loose clothing. **Wed., Aug. 16 & 30 • 11 am—Noon**

BEGINNER'S YOGA with Kiyomi Falcon, RYT, LMT; yoga has both preventive and therapeutic benefits. It increases body awareness, relieves chronic stress patterns and muscle strain, relaxes mind and body, centers attention, sharpens concentration and frees the spirit. Kiyomi also incorporates meditation practice into this class. **Tue., Aug. 22 & 29 • 4—5 pm**

Creative, Cultural & Social

ADVANCED UKULELE with Aunty Marjie Spencer; join other experienced players of all ages to learn more about the ukulele through friendship and song. Bring your own ukulele; iPad or laptop, with forScore or unrealBook 'app' installed to share songs. **Every Tue. • 9:30—11 am**

KNITTING & KNITTING SUPPORT with Gretchen Geisler, lifetime knitter, pattern designer and fiber artist; for ages 10 to adult and all skill levels. Bring your projects, get your knitting questions answered and visit with other knitters; stay as long as you can. Beginners will be guided into a suitable project. **Every Tue. • 12:30—3 pm**

SCRABBLE MEETUP with Annabel Spielman. Word lovers of every age and skill level are encouraged to play this classic (yoga for the brain) game with relaxed rules – dictionary use permitted. A friendly group of dedicated players makes up the core of Scrabble at Tutu's House. There is room for games of 2 to 4 players with changes of tables and opponents as time allows. It's a great way to retain and expand vocabulary, spelling, memory and observation skills in a congenial atmosphere. **Every Fri. • 1:30—4 pm**

TUTU'S QUILTERS with Kathy Lukens; for beginners and experienced to learn quilting Hawaiian style while meeting a great group of people; initial supplies are provided or bring something you are working on. Good company and encouragement guaranteed. **Every Mon. • 9:30 am—Noon**

WAIMEA MONTHLY BOOK CLUB with Kathy Chavez-D'Assis. This month the group will discuss *The Boy's in the Boat* by Daniel James Brown. A New York Times best selling story about American Olympic triumph in Nazi Germany. The book to read for next month (Sept. 19) is *Small Great Things* by Jodi Picoult, another NY Times bestseller, full of richly layered characters and gripping moral dilemma leading readers to question everything they know about privilege, power and race. Each participant is responsible for acquiring his/her own copy of the designated book to read for the month. Please bring a pupu or appetizer to share and join us on the 3rd Tuesday of each month. **Tue., Aug. 15 • 5:30—7 pm**

FAMILY GAME NIGHT August 25! This night will be co-hosted with Cecilia Royale from Neighborhood Place of Kona. We will enjoy an Earl's Garage style game of Break out. It was such a fun night last time, we decided to do it again! This night will combine dinner, and a fun family game of break out, with an Earl's Garage type theme. Please call 885-6777 or email katherine@tutushouse.org to reserve your space for dinner and the game. *Reservations must be made by 5 pm, Wed. August 23.* **Fri., Aug. 25 • 5:30—7 pm**

Community Education

PR•E = PAIN RELIEF • ENERGY with Maile Spencer Napoleon. Aunty Maile shares her wealth of knowledge as a healer through demonstration and story. Drawing from her life experience with many teachers, including La'au Lapa'au, huna and lomilomi, her practice combines physical, sacred, complementary and holistic modalities to promote immune support and compassionate regard (toward self and others). Maile will share a method synthesized from benefits of different

therapies, such as: massage, shiatsu, moxibustion and acupuncture without needles to increase circulation to produce health benefits. **Sat. Aug. 19 • 1—2:30 pm**

WHAT THE HEALTH with Vivienne Aronowitz, MPH, Registered Dietician and Certified Diabetes Educator. Let's get-together in community to watch this groundbreaking follow-up film from the creators of the award winning documentary Cowspiracy. The film follows intrepid filmmaker Kip Andersen as he uncovers the secret to preventing, and even reversing, chronic diseases — and investigates why the nation's leading health organizations don't want us to know about it. Vivienne will facilitate a post-film discussion. Please bring a healthy, plant-based pupu or healthy, hearty vegan dish for our potluck table if you are able. **Sat., Aug. 19 • 3—4:30 pm**

LIVING ASTROLOGY: Compassion in Action with Kauahea Winston, astrologer and energy healer. Attend this program for an interactive, playful time to understand the power of the zodiac on the day of the Solar Eclipse! We will be looking at the twelve stages of astrology and how they relate to human developmental stages. Kauahea uses fun visuals and movement to make this learning easy and lively. Please bring a meditation cushion if you have one. **Mon., Aug. 21 • 4—5:30 pm**

WHAT IS HYPNO BIRTHING? with Jonmarie Kaulele, licensed by the International Board of Hypnotherapy as a fellow and clinical hypnotherapist with specific training and certifications in hypnosis for birthing. Women have long used hypnosis techniques as a natural tool for child birth. This makes sense as hypnosis is a relaxed state which empowers our healthy body/mind connections, creating benefits for many aspects of pregnancy and birthing. Learn how this technique benefits and supports your birthing team. **Sat., Aug. 26 • 1:30—2:30 pm**

Support Groups

CAREGIVING CONVERSATIONS with Karyn Clay, host; BA in Gerontology, professional caregiver since 1995. Whether you are a caregiver by heart, hire or relationship, join fellow caregivers in sharing stories, support and inspiration. This program meets on the 1st Wednesday of each month. Let's uplift and strengthen each other on our journey! **Wed., Aug. 2 • 11 am to Noon**

FREEDOM FROM PAIN SUPPORT GROUP with Cynthia Magg, EFT practitioner and author. If you are ready to say 'adios' to the aches and pains in your body depleting your energy and disrupting your life, then join this weekly EFT tapping support group. Whether your pain is chronic or acute, new or old, related to injury or disease, you can improve your life experience. Weekly sessions are combined with mind-body-emotions concepts that will empower you to access your body's innate ability to self-heal. No prior EFT experience is necessary. Newcomers always welcome. **Every Thu. • 12:30—2:30 pm**

OVEREATERS ANONYMOUS is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating and compulsive food behaviors. OA welcomes anyone who

wishes to stop eating compulsively. Through the support and tools of OA, many have recovered from yo-yo dieting, bingeing and sugar addiction, to name a few. **Every Fri. • noon—1 pm**

FIBROMYALGIA HELP with Carol Buck, patient and personal researcher; if you need help solving the many unusual problems that come with fibromyalgia, come talk story with Carol on the 2nd Wednesday of the month. Discover more about your condition so you can work more effectively with your physician. **Wed., Aug. 9 • 10—11 am**

PARKINSON'S and NEUROPLASTICITY WELLNESS SUPPORT ~ People with Parkinson's Disease and other neurological challenges, their care partners and others wanting to be part of a local Parkinson's community support network are encouraged to attend these monthly talk story gatherings on the theme that health—physical, intellectual and spiritual—is wealth. Participant discussion focuses on personal experiences, community and PD related topics, including current research. Information exchanged is helpful to all who attend. Attendance by regular and new members is encouraged. **Wed., Aug. 9 • 1—2:30 pm**

BREAST FEEDING SUPPORT facilitated by Aimée. Breastfeeding and expectant mothers are encouraged to attend this monthly meet-up for mother-to-mother support. Meetings are topical discussion format and keiki-friendly. The group intention is to support, encourage, share information, education and experience to promote a better understanding of breastfeeding as an important element in the healthy development of babies, moms and families. **Thu., Aug. 10 • 9:30—11 am**

SAFE WAIMEA — Peer Support Group "You Are Not Alone" is a compassionate space for survivors of all genders and ages around the community issue of sexual abuse and/or sexual assault. The goal of these meetings is to provide a safe place to talk, listen or just breathe. No RSVP required. This group meets on the 2nd Friday of each month. Visit <https://safewaimeaproject.wixsite.com/safe> for more info. (If no attendees have arrived by 6:30 pm, the SAFE Waimea volunteers will leave.) Please note that there will be no September support group; the group will resume October 13. **Fri., Aug. 11 • 6—8 pm**

CANCER SUPPORT GROUP for WOMEN ~ Whether a survivor, currently in treatment, recently diagnosed, or coping with the effects of cancer on a loved one, you are invited to join this group to discover the power of healing through connection with others who share a common bond. **Wed., Aug. 16 • 12:30—2 pm**

FAMILY SUPPORT GROUP facilitated by Alice Bratton, Parent Partner with Hawaii Families As Allies, and Susan Wood, Parent Co-chair of North Hawaii Community Children's Council. Parents and caregivers of especially challenging children support each other by sharing their successes and challenges. Facilitators provide information on community, state and national resources, and guidance on how to best navigate the systems of care for better outcomes for their child and family. Meets on the third Wednesday of each month. **Wed., Aug. 16 • 5:30—7 pm**



Operating
Cost July '17
to June '18

\$150,000

.....	JUNE '18
.....	MAY '18
.....	APR '18
.....	MAR '18
.....	FEB '18
.....	JAN '18
.....	DEC '17
.....	NOV '17
.....	OCT '17
.....	SEPT '17
.....	AUG '17
\$12,500	JULY '17
\$ 3,730	JUNE '17

**YOUR CONTRIBUTION COUNTS!
PLEASE HELP US REACH OUR
\$12,500 MONTHLY GOAL!**
Donate At: tutushouse.org



FAMILY SCIENCE GAME NIGHT AUGUST 25!

This night will be co-hosted with Cecilia Royale from Neighborhood Place of Kona. We will enjoy an Earl's Garage style game of Break out. It was such a fun night last time, we decided to do it again! This night will combine dinner, and a fun family game of break out, with an Earl's

Garage type theme. **Please call 885-6777 or email katherine@tutushouse.org to reserve your space for dinner and the game. Reservations must be made by 5pm, Wednesday, August 23.**

GHOUL SCHOOL

Time to haunt! Ghou School is back in session! From August to October 31, kids will come to the Garage to get their electric creep on. Using motors, various tools, gaining new knowledge, and making use of skills they all ready have, kids will turn the garage into a mechanically animated haunted house, ending with the kids getting to show off their skills to the public. This is also a great project for kids who are interested in art projects like set design and paper mache.

Ghouls School sessions are available:
Monday, Tuesday, Thursday and Friday
9—10 am
1:30—2:30 pm
3:30—4:45 pm

**to sign up for Ghou School sessions
Call Katherine at 885-6777 or
email katherine@tutushouse.org**

WEDNESDAY ROBOTICS CLUB

Earl's Garage will be using the VEXIQ kits for the Wednesday Robotics Club. The kits give kids opportunities to make their robot remote control or they can choose to learn code to program their robots to perform tasks. If there are enough kids interested, we can enter various robotics challenges held between August and January.

Wednesday Robotics sessions are
9—10 am and 3:30—4:45 pm

Call Katherine at 885-6777 or email katherine@tutushouse.org to sign up for Wednesday Robotics Club



Davan and Kami use a potentiometer



Kaden and Armand problem solve their machine



Joey and Bryce working through the design process

‘Ōlelo ā māmala‘ōlelo Hawaiian Word or Phrase

Po‘okela

*Outstanding, Superior, Supreme, Greatest,
Foremost*

We, of this special community, are so blessed with outstandingly talented examples, from all walks of life, who lead, serve, entertain, or share.

We, are also privileged, to have great venues to enjoy outstanding performances, by students, parents, community leaders, kūpuna, or professionals, performed indoors or outdoors.

I need to express how I was in awe at the quality and caliber of the Faculty, Guest Artists, Professional Fellows (Vocal and Instrumental), Students (Vocal and Instrumental) — the list goes on and on...all participants involved with the *Hawaii Performing Arts Festival*. I hope you may have had the opportunity to attend at least one performance, or to provide support for the participants. WOW!!! “OUTSTANDING!”

Meanwhile, we here at home, will continue to do our best as we serve and appreciate each other’s efforts!

Shared by M. Kapuniaia

ENERGETIC AWARENESS: Grounding and Opening Through the Chakra System

with *Kauakea Winston* Monday, August 7 • 4 to 5:30 pm

Learn to have a direct connection to your own subtle energy body through the chakra system! We will explore how to assess a chakra’s health and do some healing techniques to enhance the flow of energy through each of the 7 chakras, as well as talk about the defense patterns that cause these centers to shut down or be in excess.

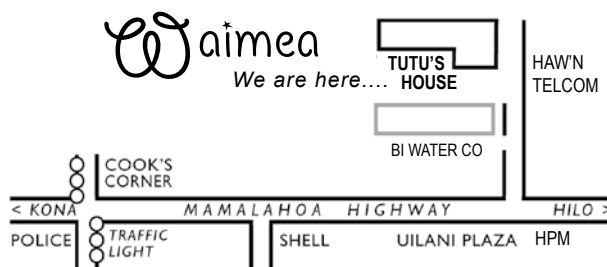
We all have 7 main chakras, which are vortices of energy within the body that receive and transmit vibrational frequencies. The lower 5 chakras are elemental as the earth itself, with the base of the spine being the root earth 1st chakra. Here, like a tree, we can ground and be anchored in the present moment. Our sacral water 2nd chakra needs flow and emotional support. It connects us to our feelings and can change like the weather. In the solar plexus fire 3rd chakra we find the seat of our personal power to get things done and be productive. The heart air 4th chakra is where we connect with others and learn to give and receive love. Moving to the throat ether 5th chakra, we speak our truth and bring our creativity into the world with voice and song. At the Third eye 6th chakra we open to intuitive guidance and meditation while the Crown 7th chakra connects us to the pure sound and light of the divine. Please join us for a grounded and awakening time!



**Kauakea will also be offering
Living Astrology: Compassion in Action
on Monday, August 21 from 4 to 5:30 pm**

Astrology can seem complicated to some, however the zodiac signs are divided into the four elements of Fire, Earth, Air and Water. By getting to know the skillful and unskillful qualities of the signs and elements, we can develop more compassion for ourselves and others. Come join us on the Solar Eclipse in Leo for a playful fun time!

Ho‘o Wala‘au Editor: Lorraine Urbic
Our writing team: Katherine DuBose-Oliver, M. Kapuniaia,
Lorraine Urbic and guests



Information found in Ho'o Wala'au and at Tutu's House is not meant to replace the professional care you receive, but is meant to be used in conjunction with it. We urge you to share what you discover at Tutu's House with your family, physician and/or healer. Tutu's House is a project of Friends of the Future, a Waimea-based non-profit organization. Volunteers and donations are welcome.



We appreciate your phone call for class registrations so we can support our presenters with their preparations. We may also need to notify you if a program is cancelled unexpectedly or rescheduled.
Mahalo! 885-6777

Tutu's House

Kamuela Business Center (Upper Level)
64-1032 Mamalahoa Highway, #304
Kamuela, HI 96743

Phone (808) 885-6777 Fax (808) 885-4998

E-mail: tutus@tutushouse.org Web: www.tutushouse.org
Open Monday thru Friday 8 am to 5 pm, plus evening and weekend program hours. **W e l c o m e !**