



THE Navigator

Winter

Wellness

on

Fallspring

Unceded Territory of Hul'quimi'num and
Sencoten Speaking Peoples

ISSUE NO. 01





WELCOME

To our Winter 2023 & 1st Edition

We are continuously looking for ways to connect our wellness community with our greater community. There are so many practitioners and practices to celebrate that a magazine just seems like the next road to venture down.

At the Navigator we are committed to doing our best to make it easy for clients to find the practice that will be the right treatment for them. Empowerment is knowing what choices you have so you can make the right one.

Thank you for exploring and creating with us!

'Everyone does better, when everyone does better.'

CINDY CLARK RCC
Editor & Developer

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LI MEI

**CELEBRATING THIS NAVIGATOR
YOGA PRACTITIONER**

MEET LI MEI

Li Mei is a yoga facilitator, doula, educator, farmer's wife, & toddler mama. She first discovered yoga as therapy, to heal from a serious back injury; and continued her love of the practice through a myriad of lenses. She studied her teacher training at Andiappan College in India, and continued to explore Trauma Informed Yoga, Somatic Flow and Children's Yoga. Drawing from these experiences, she has taught yoga in schools, studios, community centers, detention centers, and festivals internationally. More recently, she has held intentional and ceremony-based retreats on multiple farms on Salt Spring Island. Li Mei feels it is part of her life calling to invite connection to self, nature and divinity through the art of yoga. She creates a safe, and nurturing space to play, and explore edges. Her sequences are flowing, dancing, creative and embodied.

www.navigatorforwellness.com
<https://www.facebook.com/shantishantiflow>/<https://www.instagram.com/misimei/>
<https://limeiwong1.wixsite.com/shantiflowyoga>





OMMMMM

The Journey into Yoga on Celeste's path

I HAVE BEEN TEACHING SINCE THE EARLY 1980'S FIRST AS A HIGH SCHOOL TEACHER IN THE CAPE PROVINCE, SOUTH AFRICA.

MY YOGA TEACHING STARTED IN LONDON, ENGLAND, A FEW YEARS LATER. MY FIRST 200 HOUR TRAINING WAS WITH THE SIVANANDA ASHRAM ON PARADISE ISLAND IN NASSAU, BAHAMAS IN 1985.

RETURNING TO LONDON AFTER GRADUATION, I TAUGHT AT THE SIVANANDA CENTRE ON PORTABELLO ROAD FOR A COUPLE OF YEARS, THEN TRAVELLED ON TO INDIA, ON A PILGRIMAGE TO IMPORTANT SPIRITUAL TEACHERS. AN INTRIGUING JOURNEY ENSUED FROM BOMBAY TO MADRAS, TRIVANAMALI AND KOVALUM IN THE SOUTH, AND BACK TO THE AJUNTA CAVES, NORTH EAST OF BOMBAY, BEFORE RETURNING TO LONDON.

IN 1992 I SETTLED ON A SMALL ISLAND ON THE WEST COAST OF CANADA AND BEGAN MY IYENGAR TRAINING AND COMPLETED MY INTRODUCTORY LEVEL 2 CERTIFICATE.

STUDYING WITH BABA HARI DASS AT THE SALT SPRING CENTRE OF YOGA CULMINATED IN OBTAINING MY ASTHANGA CERTIFICATE AT THE MOUNT MADONNA CENTRE IN SANTA CRUZ, CALIFORNIA, USA.

I CONTINUED TO TEACH AS SENIOR ASANA TEACHER AT THE SALT SPRING CENTRE IN B.C CANADA WHERE I WAS ALSO ON THE YTT FACULTY.

What teaching means to Celeste

My years of teaching have been rich and rewarding, the last 30 years or so in Canada have resulted in becoming a Studio Owner/Operator, travelling to the US to further my Yoga Therapy training and studying with visiting Yogi's here in Canada. I have lost count of the number of students who have shared practice with me, or the hours spent teaching, studying, developing programs, classes and workshops over the years.

I am drawn to the therapeutic aspects of Yoga and have taught sessions for specific issues, like: Back Care basics, Anxiety and Depression: have had fun teaching kids from 6yrs old, to students from grade 7-12 at the local High School in their Phys Ed programs. I have guided expectant mothers in simple routines in preparation for child birth.

I continue to lead small groups in classical meditation and chanting of traditional chants from the Rig Veda e.g. Gayatri and Mahamrityunjaya mantras.

I have a full teaching schedule at my Yoga Studio: Ganges Yoga Studio where I currently teach Classical Hatha Yoga Classes to all levels, Restorative Yoga, and Yoga Nidra. I teach 3 levels of Chair Yoga to folks who are pre/post-surgery, who are developing awareness of balance, physical strength and flexibility, using chair as a prop and to those who are deepening their knowledge and experience of asana adapting to a chair as an additional prop.

Teaching YTT programs inspire me to keep on learning. My students are my greatest teachers!!! Studying Classical texts and engaging in stimulating discussion about exploring our lives in the context of Yogic texts, like the Yoga Sutra and Bhagavad Gita, delivers insights which are both inspiration and practical.

My students can expect a good balance of the accessibility of the asana practice with a good dose of humour! Sitting in silence, breathing together and developing mindful self-compassion is fundamental to my teaching..

I BELIEVE AND TRUST IN LIFE! NATURE, MY SPIRITUAL TEACHERS, AND THE RIGOURS OF LIFE HAS TAUGHT ME THIS ~AND I BELIEVE THIS IS THE SERVICE WE PASS ON TO EACH OTHER.



YOGA IMMERSION

a 200hr yoga teacher's training



Revealing the teacher within....

In this Immersion you will:

- ॐ Be in a small in-person group training
- ॐ Develop a home practice based on sound sequencing principles
- ॐ Develop foundational teaching knowledge and skills
- ॐ Study basic anatomy and physiology
- ॐ Practice pranayama and focussed breathing
- ॐ Discover Ayurveda, Yin Yoga, Yoga Flow Restorative Yoga, and Yoga Nidra
- ॐ Explore Sacred Sound, Meditation, and Philosophy from a cultural perspective

2024 DATES:

Friday 4pm - Sunday 5pm

January 5-7 & 19-21

February 2-4

March 1-3 & 22-24

April 5-7

May 3-5 & 24-6

June 7-9 Graduation

INVESTMENT:

\$3,500 + GST

Payment plans available

REGISTER:

Info & registration online at www.gangesyogastudio.com



Celeste Mallett Jason
Lead Trainer
E-RYT 500



The curriculum follows standards set by Yoga Alliance, and is designed to welcome all people whether or not they desire to teach.

250-537-4658 | info@gangesyogastudio.com | 122 Lower Ganges Road, Salt Spring Island

JULIANA BROSSOLETTE

CONSCIOUS EQUINE CONNECTIONS



A TRAILBLAZER IN EQUINE FACILITATED LEARNING

Meet Juliana, a passionate horse woman who has spent three decades immersed in the world of learning with horses. Combining a dedication to personal growth with the wisdom of horses, Juliana creates unique and memorable equine experiences. She offers a range of programs, including one and two-day workshops, as well as immersive five-day retreats, all nestled in the breathtaking landscapes of British Columbia, Canada. Her holistic approach caters to a wide age range, from 12 to 75, making her and her horses excellent facilitators for anyone seeking to embark on a journey of self-discovery.

Juliana's programs offer a distinctive approach to personal growth, one that centres around learning through experience. By engaging with horses in various activities, participants gain the unique opportunity to experience long-lasting transformations in their lives.



Photo: RewildUs Media

Horses, known for their majestic wisdom, provide honest and unbiased feedback. They serve as mirrors to our emotions and energy, reflecting our true selves back to us. This candid feedback becomes a catalyst for self-awareness, enabling individuals to identify their communication styles, behavioural patterns, and areas for personal growth.

Equine Facilitated Learning also imparts invaluable lessons in leadership development. Horses naturally establish different roles within their herds, presenting a unique opportunity for individuals to explore teamwork,

effective communication, and leadership dynamics. Through interaction with these beautiful animals, participants develop essential interpersonal skills such as assertiveness, boundary setting, trust-building, and empathy. The interspecies connections formed during EFL programs provide practical insights into leadership principles

Juliana partners with her three Iberian horses, Ora, Osiris and Mae on Salt Spring Island, BC. Juliana is triple certified, licensed and insured.

consciousquineconnections.com

»»» AN EVENING OUT «««
AT THE SALTSRING WILD CIDERY

SPEAKER PRESENTATION

First in the series



NOVEMBER 24TH AT 4PM UNTIL 5:30PM

\$25.00 COVER FOR SPEAKERS, APPYS, & CIDER. SPACES LIMITED TICKETS CAN BE RESERVED THROUGH INFO@NAVIGATORFORWELLNESS.COM

JULIANA BROSSOLETTE & ARJUNA GEORGE

**JULIANA
TALKS
ABOUT**

»»» **READ MORE**

What is Experiential Learning and Wellness with Horses and why does it work so well? How can somatic learning help you understand the messages of your body and transform old patterns? An interactive introduction to experimental learning with some fun activities for the audience!

READ MORE «««

ARJUNA WILL USE HIS TRE TRAINING TO SPEAK TO HOW STRESS IMPACTS OUR BODIES AND NERVOUS SYSTEM. HE WILL ALSO BE EXPLORING AND OFFERING SOME METHODS YOU CAN PRACTICE THAT SUPPORT THE PREVENTION OF BURNOUT.

**ARJUNA
TALKS
ABOUT**

ARJUNA



Author of 'Burnt Around the Edges'

ARJUNA GEORGE IS A TRAUMA-INFORMED RESILIENCE COACH AND TRE® PROVIDER SPECIALIZING IN WORK-LIFE STRATEGY FOR BURNOUT PREVENTION AND RECOVERY. A CERTIFIED EXECUTIVE COACH (CEC) THROUGH ROYAL ROADS UNIVERSITY, A MEMBER OF THE INTERNATIONAL COACH FEDERATION (ICF) AND A CERTIFIED GLOBAL TRE® PROVIDER (TENSION AND TRAUMA RELEASE EXERCISES), ARJUNA OFFERS A UNIQUE MIND-BODY APPROACH, EMPOWERING HIS CLIENTS TO IMPROVE THEIR LIVES AND WELL-BEING THROUGH BOTH COACHING AND SOMATIC PRACTICES. WORK-LIFE STRATEGY HELPS CLIENTS TO PRIORITIZE AND FOCUS ON THE ASPECTS OF LIFE THAT SUPPORT THEIR OVERALL WELLNESS AS THEY CREATE A PURPOSE-DRIVEN LIFE. ARJUNA INCORPORATES SCIENTIFICALLY DEVELOPED ASSESSMENTS TO HELP IDENTIFY AREAS THAT MAY BE AT THE ROOT OF YOUR BURNOUT AND STRESS, ACTING AS BARRIERS TO PERFORMANCE AND WELL-BEING INCLUDING HEARTMATH STRESS AND WELLBEING ASSESSMENT, STRESS MASTERY QUESTIONNAIRE SMQ, AND THE PERSONAL RESILIENCE PROFILE (PRP).

ARJUNA ALSO USES FUNCTIONAL IMAGERY COACHING, TO HELP HIS CLIENTS LEVERAGE THEIR IMAGINATION IN A HOLISTIC, MULTI-SENSORY APPROACH THAT SUPPORTS THEM TO PERFORM AT THEIR HIGHEST LEVEL BY SHIFTING UNWANTED MINDSETS, CHANGING NARRATIVES, AND DEVELOPING MENTAL FOCUS AND GRIT.

AS A TRE® PROVIDER, ARJUNA BRINGS A POWERFUL STRESS-REDUCTION TOOL THAT EFFECTIVELY ASSISTS THE BODY IN RELEASING DEEP MUSCULAR PATTERNS OF STRESS, TENSION, AND TRAUMA. THIS BODY-BASED SET OF EXERCISES EMPOWERS HIS CLIENTS WITH A PRACTICE THEY CAN ADD TO THEIR SELF-CARE TOOLBOX TO PREVENT AND OVERCOME OVERWHELM AND BURNOUT, BUILD RESILIENCY, AND MASTER STRESS.

ARJUNA IS A LONG-TIME ISLANDER AND RECENTLY RETIRED FIRE CHIEF FOR SALT SPRING ISLAND FIRE RESCUE. HE RESIDES IN THE BEAUTIFUL SOUTH END WITH HIS SUPPORTIVE WIFE CATHY AND TWO AMAZING CHILDREN, BILLY AND MONICA.

GEORGE



**ARJUNA
GEORGE**

Show Host

Arjuna George



**JULIANA
BROSSOLETTE**

Special Guest

BENEATH THE HELMET

KRISTA THORNHILL

Spiritual Practitioner
&
Author

KRISTA HAS AN EXTENSIVE BACKGROUND IN SPIRITUAL MINISTRY. IN HER EARLY TWENTIES SHE SERVED AS A MISSIONARY WITH YOUTH WITH A MISSION IN BRAZIL, STUDIED THEOLOGY IN DALLAS TEXAS WHERE SHE COMPLETED 255 HOURS OF CHAPLAINCY WITH THE DALLAS COUNTY JAIL.

SHE HAS SERVED AS YOUTH PASTOR, CHILDREN/YOUTH AND FAMILIES COORDINATOR FOR THE UNITED AND ANGLICAN CHURCH AND HAS BEEN A SPIRITUAL MENTOR FOR MANY.

HER SPIRITUAL JOURNEY HAS TAKEN HER OUTSIDE THE BOX OF RELIGION WHERE SHE FINDS HERSELF STILL IN SERVICE IN A SPIRITUAL CAPACITY, WITH AN EARTH-BASED FOCUS.

INITIATED HIGH PRIESTESS, AUTHOR, ARTIST, ALPHA BREATH FACILITATOR, LEVEL 2 REIKI CERTIFIED, TRAINED IN POSITIVE PSYCHOLOGY, HOSPICE CARE AND PSYCHEDELIC THERAPY, KRISTA CALLS HERSELF AN ECLECTIC MYSTIC AND OFFERS HER GIFTS OF HEALING TO ANYONE LOOKING FOR SPIRITUAL SUPPORT.

YOU CAN JOIN KRISTA IN HER FACE BOOK COMMUNITY EARTH BASED SPIRITS, OR FIND OUT MORE ABOUT WHAT SHE'S UP TO BY VISITING HER WEBSITE WWW.KRISTATHORNHILL.COM



HANNAH SPRAY PHOTOGRAPHY

EARTH JOURNEY

Welcome to our final descent to the darkest night of the year, Winter Solstice on December 21st.

As each day shortens and hours of light diminish, it is normal and natural to feel heavy, slower, tired, and withdrawn. The Earth is also feeling the same as she allows the light to fade.

Loving the long days of summer, for the ease and joy of warmer weather, for the lushness of the earth in all her splendor is easy. When she is at her ripest, juiciest, and most productive she asserts an energy that sparks joy in every being. Loving her in her surrendering, in her dying and in her grief is not so easy, it requires of us unconditional love to see her worthy of our effort.

Like a laboring mother in the wee hours of the night, we too are waiting to move through that first rite of passage, the Ring of Fire. The closer we are to a finish line, the harder it gets. Every beginning is born from a painful ending. The cycle of life is in balance and requires death to recreate.

Nothing worth having comes easy.

A rite of passage asks us, are you worthy?

Worthiness speaks to our willingness to put in the effort.

Do not let the darkness consume you. Rather let your inner light be your beacon through the long nights. Your inner light is fueled by your sense of self worth. Are you willing to put in the effort to not succumb to the dark?

If your self worth is low, your path forward is dimly lit and full of shadows. Unable to see the obstacles clearly in front of you makes the way troublesome, you stumble often and find yourself lost more often than you like.

The more you heal your relationship with yourself, the more self worth you will feel. Self Worth equals confidence. Confidence builds trust.

The more you trust yourself, the easier it will be to navigate these dark days.

You can walk confidently because you know that the darkness is a necessary part of the journey, as it is a welcome reprieve from the intensity of light. A time for rest and slow moving, for deep transformation, a time for conceiving. It is dark for a reason, and you are no longer afraid.

You can be certain that Spring always comes after Winter. That the darkness is not permanent. That change is constant. That the power is ours to choose how we shall walk through this Valley.

The Earth is our greatest guide, showing us the way to healing, balance and wholeness.



HANNAH SPRAY PHOTOGRAPHY

Healing your relationship with yourself requires effort and investment. Learning how to attune to the seasons of the earth helps us navigate the seasons of our own lives with more balance, grounding, and confidence.

**May you know yourself worthy of the effort!
Blessed Solstice!**

SAERA BURNS



RITUALIST . CLAIRVOYANT . TEACHER OF PSYCHIC-SOMA ARTS

AFTER A HANDFUL OF DISTURBING PARANORMAL EXPERIENCES AS A TEENAGER, SAERA SHUT DOWN HER PSYCHIC CONNECTION. SHE REQUIRED YEARS OF DEVELOPING SYSTEMS TO FEEL GROUNDED AND SAFE TO ACCESS THIS INTEGRAL PART OF HERSELF. WHAT FELT LIKE A CURSE IS NOW THE SOURCE OF HER LIVES WORK, TO THIS DAY SHE HAS DELIVERED THOUSANDS OF SUPPORTIVE PSYCHIC MESSAGES AND HEALINGS TO PEOPLE IN OVER 6 COUNTRIES!

SAERA IS THE FOUNDER OF THE LIGHT HOUSE ACADEMY WHERE SHE TEACHES GROUPS THE PSYCHIC-SOMA MODALITY AND EARTH-BASED RITUAL ARTS. FOR THOSE WISHING TO WORK PRIVATELY WITH UN-DIAGNOSED MYSTERIES BODY AND MENTAL AILMENTS NEEDING A SPIRITUAL APPROACH SHE OFFERS HEALING THROUGH HER OWN MODALITY DEEP SOUL JOURNEYS. CLIENTS SEEKING SUPPORT REGARDING LIFE TRANSITIONS AND IMPACTFUL DECISIONS SEEK HER FOR GIFT AS A SEER & MEDIUM WITH CROSSROAD CLAIRVOYANT COUNCIL.

WHEN SHE ISN'T SUPPORTING CLIENTS OR HER 3 PLAYFUL CHILDREN, SHE COULD BE FOUND COMMUNING WITH HER GARDEN, PHILOSOPHIZING OVER PU'ERH TEA WITH HER HUSBAND, OR PREPARING ANOTHER WITCHY COMMUNITY RITUAL TO MARK THE TURNING OF THE YEAR.

GLOBAL AND LOCAL OPTIONS



NOVEMBER 20 ~ APRIL 20

The Ritualist Path

*For the radical-hearted ready for magic
to take up space in how they live and lead*

Study Hive

Self-paced online trainings & monthly zoom calls



Into Blood & Bone
Ancestral magic study



Courting your Magic
Foundational personal practice



Ritual Architecture
Structure, systems & protocol



Threshold Alchemy
Rites of passage & transitions



Birthing a ritual offering
Crafting meaningful experiences



Community Magic
Collaboration and celebration!

Saera Burns

*Ritualist. Seer.
Teacher of Psychic Arts*



Local Hive

In-person training & rituals

Seasonal Soul Rituals & Artifact crafting

Sat. 11-3p.m > Nov.25, Feb.10, Mar.16, Apr.20

Manifesting Ritual & Potluck

Sat. Jan. 13 2-6 pm

Calendar Magic: divining 2024

Sat. Dec.16 1-3:30pm

WWW.SAERABURNS.COM/RITUALIST-PATH-COURSE

ACUPUNCTURE CONNECTS US TO THE WORLD

BY MOSS DANCE, R.T.M.C.P



“DURING THE WINTER MONTHS, ALL THINGS IN NATURE WITHER, HIDE, RETURN HOME, AND ENTER A RESTING PERIOD, JUST AS LAKES AND RIVERS FREEZE AND SNOW FALLS. THIS IS A TIME WHEN YIN DOMINATES YANG. THEREFORE, ONE SHOULD REFRAIN FROM OVERUSING THE YANG ENERGY. RETIRE EARLY AND GET UP WITH THE SUNRISE, WHICH IS LATER IN WINTER. DESIRES AND MENTAL ACTIVITY SHOULD BE KEPT QUIET AND SUBDUED... STAY WARM, AVOID THE COLD, AND KEEP THE PORES CLOSED. AVOID SWEATING. THE PHILOSOPHY OF THE WINTER SEASON IS ONE OF CONSERVATION AND STORAGE.”

~ HUANG DI NEI JING SU WEN (THE YELLOW EMPEROR’S CLASSIC OF MEDICINE),
TRANSLATION BY MAOSHING NI

Imagine, for a minute, what life would be like if we could follow the advice from this ancient Chinese Medicine Classic, the Huang Di Nei Jing. If we could rest more in the winter, allowing ourselves to go to bed early, and wake up a little later. If we could sleep 9-10 hours each night. If we could let our minds go quiet.

In modern society, it can be hard to follow these principles, but we can always look for opportunities to weave them into our lives. This bit of advice from the Huang Di Nei Jing is one example of the ways in which Chinese Medicine is deeply attuned to Earthly cycles. This ancient medicine system sees humans as a part of the natural world around us. Though we live with central heating, computer screens, and systems that are out of sync with nature, this does not change the fact that we are part of a beautiful web of life.

. From our clinic room at The Heart Acupuncture in Ganges Village, we see how the cycles of nature express themselves through human experiences every day. During seasonal transitions, we notice that people often experience more discomfort, flare-ups, and mood changes. These changes are often reflected in the pulses.



If you’ve ever been to an acupuncturist, or Chinese Medicine practitioner, you’ve probably wondered what’s going on when the practitioner places three fingers along your wrist. They are tuning into the rhythm, shape, character, and quality of your radial artery, the most common pulse position used in modern practice. From your pulse, your practitioner is not only assessing your constitution, they are also noting the nature of what might be causing discomfort or pain. Your pulses also reveal the character of your organs, and how they are interacting with each other.

During seasonal transitions, the pulse qualities show similar changes in every person we treat. All human pulses respond in similar ways to the changes here on Earth—in this way, we are never alone. At this time of year, the pulses move deeper into the wrist. As the body conserves energy in the colder, darker months, the pulse also loses some of its strength.

Now that the wheel is turning from Fall to Winter, we are sliding out of the season of Metal and into the season of Water. Like plunging down a waterslide, it’s best to allow the downward energy to guide us down to our roots during this season.

Fall is the season of Metal, which corresponds to the Lungs, and to the emotion of sadness, or grief. It’s easy to recoil from the emotion of this season, and these days, many of us feel saturated with it.

..... Continued on Page 15



FOODS FOR AUTUMN WITH

KARIN BEVIERE, R.TCM.P

In Traditional Chinese medicine, Autumn represents the beginning of the Yin cycle and is considered to be a “dry” time, therefore, time to nourish yin. This dryness may appear as dry/itchy skin, dry cough, sore throats, sinus congestion, headaches, constipation.

Giving attention to what we eat may be all the medicine we need sometimes. Whether you are looking for ideas or seeking a way to nourish your yin, here are a few simple foods to focus on. Light a candle while you eat and enjoy.

LARGE INTESTINE SUPPORT (FOR CONSTIPATION)

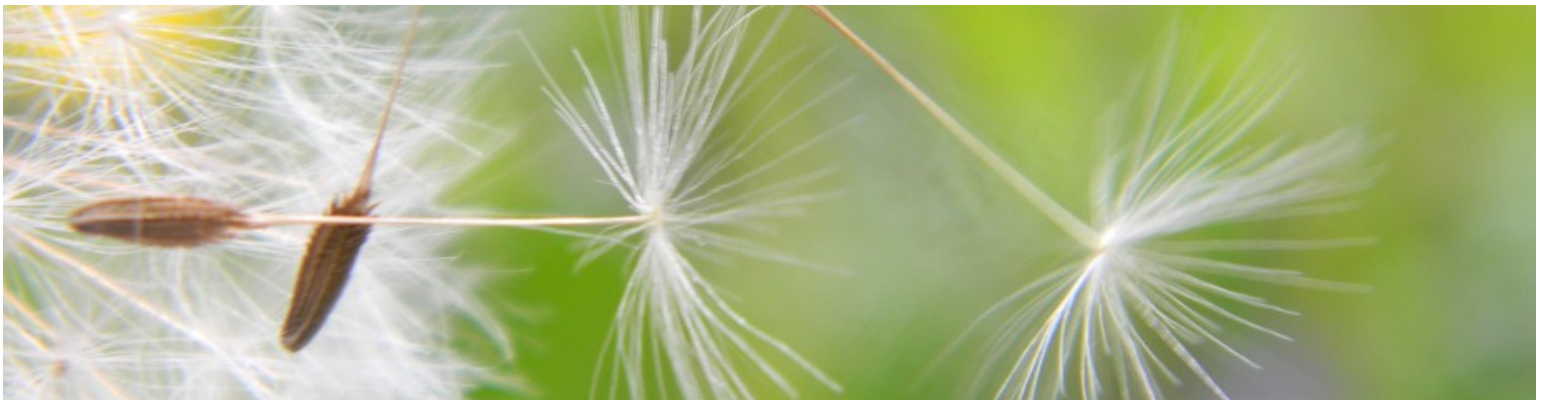
- Flax seeds
- Warm water and lemon
- Dried fruits
- Oatmeal
- Chia seeds

LUNG QI IS NOURISHED BY CONSUMING WHITE FOOD:

- Pears
- Water Chestnuts
- Cauliflower
- Lotus root
- Almonds

TO REDUCE PHLEGM:

- Mustard Greens
- Dandelion leaves
- Eliminate dairy, sugar, and wheat



Cont.....

And, like everything in nature, our emotions are multi-faceted. Grief is not an easy one to walk with, though we can examine it as we would a gem. Some other sides of grief include: nostalgia, remembering, sweet sorrow, gratitude for something that once was—even a deepening of commitment to carry something precious forward.

Once we have made our annual journey through this Metal phase, we enter the time of Winter, ruled by the element of Water, guided by the emotion of fear. It's important not to be judgemental of the emotions—even the uncomfortable ones. Each of them has something to teach us. And when we learn how to be with each emotion, we can find a way to live in right relationship with it. Being in tune with the seasonal cycles of emotions allows us to settle into belonging to this planet.

These beautiful energies of emotions are what make us human, and remind us that we are alive. And throughout the seasons, we will visit them all in turn.

Acupuncture helps us to connect with the greater forces of nature. It is said that the channels of energy within our bodies are older than life itself, and they are reflected at the macro and micro scale all around us. Acupuncturists use tiny stainless steel needles to nudge the channels into harmony, within themselves, and with the world around us.

Of course, acupuncture is also famously effective for pain relief, and has very practical applications in acute and chronic illnesses. Truly, acupuncture can be a great ally in treating any illness. But at it's heart, Chinese Medicine and acupuncture place us in a greater cosmology of the world around us. The reason this ancient medicine system is so effective, is that it understands the human experience as part of the whole of life.

We are not alone in these seasonal cycles of emotions. The leaves have turned to vivid colours, and are floating down to leave the branches bare. The insects and animals have all slowed down, died, or migrated south. Birds of various species are flocking together, gathering strength in numbers for the cold months ahead. Goodbyes are being said all around us. Regrets, lessons, and memories will be reviewed and stored away for another season. We will pull out our wool sweaters and socks, and enjoy quiet cozy evenings indoors. And we will reserve our energy for the colder months ahead.

As the seasons turn, we would love to support you with acupuncture, cupping therapy, herbal medicine, tui na massage, and homeopathy. Our clinic is located at the Salt Spring Healing Centre at 130 McPhillips Ave, in the heart of Shiya'hwt/SYOWT, (Ganges Village), right across from the library.

Please reach out to say hello, or with your questions.

Our Practitioners:

Karin Beviere, R.TCM.P, Homeopath

Moss Dance, R.TCM.P

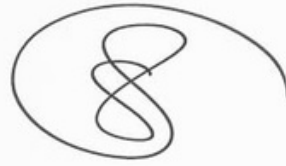
Learn more about The Heart Acupuncture: theheartacupuncture.ca

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Phone: 250-702-0980





DR. SPENCE PENTLAND

Acupuncture & Chinese
Herbal Medicine
since 2004

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THE IMPORTANT THINGS IN LIFE AREN'T THINGS!

After finishing my 5 year medical education at ICTCM Vancouver, my internship at Anhui Hospital in HeiFei China, and becoming licenced to practice Traditional Chinese medicine in BC in 2004, my clinical practice has focused on the treatment of men's and women's reproductive and sexual health issues utilizing the wisdom of Traditional Chinese Medicine (TCM; Acupuncture, Herbal medicine, Tui Na bodywork, Fire cupping, Qigong, magnets, diet & lifestyle coaching) combined with evidence-based modern natural treatment solutions.

When treatment is holistic, regardless of the primary clinical goal, healing of the whole person is essential. My extensive experience and knowledge has established clinical proficiency in mental-emotional health, neurochemistry, pain, hormones, sleep, digestion, cardiovascular, sexual and reproductive health, immunity, relationship to self and the world, diet, exercise, cleansing/detoxification, trauma, significant life transitions, supplements, herbal medicine, pharmaceutical drugs, and other treatment options that may be beneficial.

I am thankful that I have arrived at this point in my life and career, through hard work, study, and many years of experience as a facilitator of others healing. I am confident that I have something valuable to offer anyone going through infertility, endometriosis, pregnancy birth & postpartum, menopause, acute / chronic pain, or any other health challenge.

MEET SPENCE

HELLO, I'M SPENCE PENTLAND, HERBALIST AND HORTICULTURIST SINCE 1995, DOCTOR OF TRADITIONAL CHINESE MEDICINE SINCE 2004, PARTNER AND HUSBAND TO MY AMAZING WIFE CHANTAL SINCE 2006, SUPER DAD SINCE 2008, AND SALT SPRING ISLANDER SINCE 2021.

AFTER 25 YEARS IN VANCOUVER, BUILDING AND PRACTICING IN 3 SUCCESSFUL MULTI-PRACTITIONER CLINICS, HELPING THOUSANDS OF PEOPLE REACH THEIR REPRODUCTIVE AND SEXUAL HEALTH GOALS, CHANTAL, MY 3 BOYS (SALIX ARI AND AXEL), OLLIE (POOCH), SOUL (KITTY), AND I DECIDED TO START A NEW CHAPTER IN LIFE, ONE OF DEEP CONNECTION, HEALTH, AND JOY, ON SALT SPRING ISLAND.

THIS ISLAND IS A PLACE WHERE MANY COME TO DO THE SAME; EXPERIENCE MORE JOY, BETTER HEALTH, BE MORE PRESENT, BUILD COMMUNITY, AND ESTABLISH A MEANINGFUL CONNECTION TO SPIRIT. THIS IS WHY I AM SO GRATEFUL TO BE HERE, TO HELP SUPPORT AND HEAL THOSE WHO ARE CHOOSING A MORE FULFILLING LIFE.



THE ISLAND TALKS

PODCAST

Visit [DrSpencePentland.com](https://drspencepentland.com) to listen!

CECILIA PECH



*OFFERING DISTANCE
ENERGETIC HEALING
SESSIONS*

**“IF YOU WANT TO FIND
THE SECRETS OF THE
UNIVERSE THINK IN
TERMS OF ENERGY,
FREQUENCY AND
VIBRATION” ~ NIKOLA
TESLA**

Every human body, organ and cell vibrates at specific frequencies. Our physical, mental, emotional and spiritual well-being is affected by our thoughts and by our emotions, the food we eat and by the vibration of our environment. Stressful and toxic environment creates dissonant which can lead to physical dis-ease. Sometimes parts of our body lose their resonant tune. ~ I have been always interested in learning about frequencies and integrating them into my wellness services.

Over the years, I have become a certified Reiki practitioner in Dr Usui system, I have learned Quantum touch, Therapeutic touch, Biofeedback, Chakra clearing. My most recent addition to my services is the pre-med bed Quantum Tera Hertz device ~ I would be happy to give you a demonstration to show you it's powerful healing effect.

**MY SERVICES INCLUDE
AUANTUM TERA HZ SESSIONS
BIOFEEDBACK SESIONS
CHAKRA CLEARING SESSIONS
&
REIKI SESSIONS**

CECILIA PECH
250 538-8915

CECILIA@SALTSPRINGWELLNESS.COM



Figs & Honey

BEAUTY THERAPY & HEALING ARTS INC

Celebrating Lisa Sliwowska and her Wellness Practices at Figs & Honey

Figs & Honey Beauty Therapy and Healing Arts is a small centre with a big heart! I specialize in supporting people in having healthy and beautiful skin, a balanced mind and body and achieve peace in their lives. I take them on a holistic journey to wellness. I examine their emotional issues, beliefs and diet and lifestyle choices to get a complete picture, in order to support them on their healing journey.

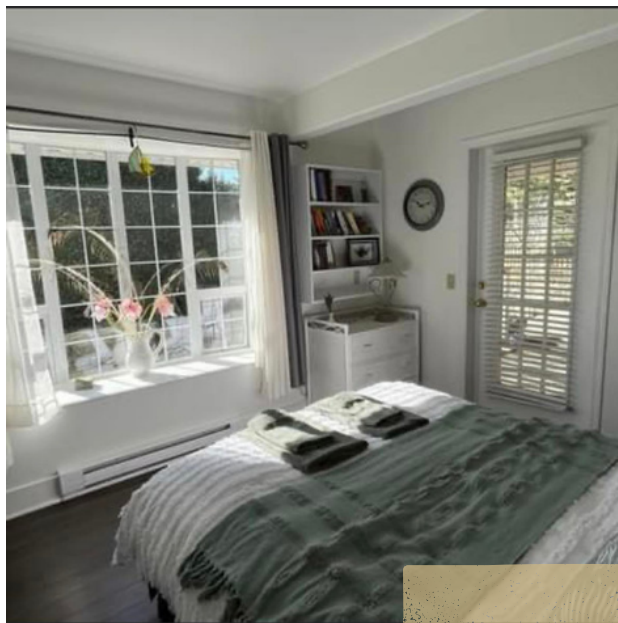
I incorporate Bowen Therapy, EFT Tapping and Reiki alongside Holistic Beauty Therapy. I approach each person with deep respect and reverence on their individual journey to wellness. Typically, our skin issues or aches and pains are a result of several factors that are not in flow. Using an intuitive approach, whilst listening carefully, I help people find that flow again. In one session, people can start to get back onto their path of wellness.

My facials treatments are often blended into my own 'Fusion Treatments' for full impact and healing effect. Products we use to support skin conditions like Acne, Rosacea and Eczema are all made locally, using organic and hand tintured herbs and botanicals for maximum healing potential, Ingredients are sustainably sourced and environmental friendly on all levels. They are deeply healing and nourishing from every day skin care routines to complex skin complaints that need extra support!

Balms, oils, lotions, salves and creams are all freshly made and 100% organic.



VISIT MY WEBSITE AT WWW.FIGSANDHONEY.COM FOR
DETAILS OF ALL MY TREATMENTS.
LISA WITH FIGS & HONEY CAN ALSO BE FOUND AT
WWW.NAVIGATORFORWELLNESS.COM



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WELLNESS TOUR APRIL 6&7, 2024

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THE WELL~ BEING FAIR.

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SPA PACKAGES, OR
WORKSHOPS THROUGH
THEIR STUDIOS CAN
REGISTER IN OUR
CATALOGUE AS PART OF
THE SSI WELLNESS
WEEKEND TOUR.
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Navigator for Wellness

THE NAVIGTOR WELLNESS DIRECTORY IS COMMITTED TO SUPPORTING A WELLNESS COMMUNITY THAT CAN WORK IN A CIRCLE OF COLLABORATIVE CARE FOR THE PRACTITIONERS AS WELL AS THE CLIENT. IN A TIME WHEN WESTERN MEDICINE IS CHANGING AND WE ARE TURNING TO PREVENTION TREATMENTS, GETTING TO KNOW THE ALTERNATIVE CARE SUPPORTS COMES AT AN OPPORTUNE TIME. IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THE NAVIGATOR AND HOW WE CAN SUPPORT YOUR PRACTICE OR IF YOU ARE INTERESTED IN FINDING AN ALTERNATIVE PRACATITIONER VISIT WWW.NAVIGATORFORWELLNESS.COM

BENEFITS THAT WE OFFER PRACTITIONERS WHO ARE REGISTERED WITH OUR DIRECTORY;

- FEATURE SPOTS IN OUR QUARTERLY MAGAZINE
- 1/2 PRICE ON ANY OTHER ADVERTISING IN MAGAZINE
- DISCOUNTS AND FIRST RESEREVD TABLES AND SPACES IN OUR ANNUALL WELLNESS FAIR
- SUPPORT SETTING UP SPEAKING EENGAGEMENTS
- INTERVIEWS FOR OUR PODCAST 'FINDING YOUR MEDICINE'
- TRAFFIC TO YOUR WEBSITE AND NEW CLIENTS FOR YOUR PRACTICE
- A MARKET PLACE ON OUR WEBSITE
- SOCIAL MEDIA SUPPORT WITH UPCOMING EVENTS & SPECIALS
- AN OPPORTUNITY TO JOIN OUR AFFILIATE PROGRAM
- ACCESS TO A FORUM TO CONNECT WITH OTHER PRACTITIONERS

THE NAVIGATOR

NEXT EDITION COMING SPRING 2024

SUBMISSIONS ACCEPTED UNTIL MARCH 1, 2024

OUR SPRING EDITION WILL BE HIGHLIGHTING OUR
PRACTITIONERS WHO ARE REGISTERED IN OUR
WELL~BEING FAIR CATALOGUE.

IF YOU WOULD LIKE US TO FEATURE YOUR WELLNESS PRACTICE
GO TO

WWW.NAVGATORFORWELLNESS.COM

AND REGISTER YOUR PRACTICE TO BE A PART OF THE NAVIGATOR
FOR WELLNESS COMMUNITY!

Gratitude to all our Practitioners and the Medicine they offer!

The Navigator Team
Sharyn Carroll, Lisa Sliwowska, Cindy Clark

TO ADVERTISE YOUR BUSINESS CONTACT
INFO@NAVIGATORFORWELLNESS.COM

The Navigator, Saltspring Island BC Canada

WWW.NAVIGATORFORWELLNESS.COM



Thank you to the Cidery for hosting the Navigator's first Speaker Presentation.

An evening of delicious appetizers, cider tasters and Community Education on Wellness!

We hope to be back for more!



SSI Books

Thank you to SSI Books for supporting our ticket sales for our Speaker Event!