



Connectives

March-April 2007

Newsletter of Mind•Body•Spirit Connected (MBSC)

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MBSC's newsletters are posted online bi-monthly at www.MBSCOnline.org. Non-members who would like to receive this newsletter by mail may subscribe for \$10/year to help defray printing, postage and handling expenses. Call 216-426-8045 for a subscription.

MBSC 1st Member Social Event

A fun, relaxing, casual evening to socialize, spiritualize and re-energize
Tuesday, April 17, 2007 6-8:00 p.m.

Mind•Body•Spirit Connected members share common goals and interests and benefit from getting to know our colleagues better.

Please join us for conversation and healthy refreshments provided by Mustard Seed Café & Wild Oats Market. Non-alcoholic beverages will be provided.

You are welcome to bring a bottle of wine to share.

\$5.00 each will be collected at the door to help with the cost of refreshments.

Hosted by and held at:

Insight Learning & Wellness Center,
25901 Emery Road., Warrenville Heights, OH 44128

Please RSVP to (216) 426-8045 MBSC Office or
(216) 765-4470 Insight Learning & Wellness Center by April 10th.

Mother's Day
Butterfly Tea
and Silent
Auction

Please join us for a delightful
high tea honoring
Mothers and Others - all the
special women in our lives.

Saturday, May 12, 2007

11:30 a.m. - 2:00 p.m.

Pine Ridge Country Club

30601 Ridge Road, Wickliffe, Ohio

Four-course high tea catered by Dino's

\$40.00

Special entertainment by John Maxwell Taylor,
speaker, actor, author and composer.
Your favorite hat is optional.

MBSC is a 501(c)(3) nonprofit organization that encourages health and wholeness
through an understanding of the mind, body, spirit connection



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Katrinka Morgan

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Speaker's Bureau Highlight

In each newsletter we will feature two members of the Speaker's Bureau. Please feel free to share this information with those who might be interested in hosting a workshop or presentation, by one of the MBSC Speaker's Bureau members.

Rebecca Bode, Ph.D., C.S.P., licensed psychologist, certified sports psychologist, life coach and director of *HealthStyles* LLC wellness center. As a seasoned school psychologist and administrator with over 30 years combined experience in public education and private practice, she recently added adjunct faculty of psychology in the Ursuline College Accelerated Program to her repertoire. Rebecca has a Bachelor's Degree and a Master's Degree from John Carroll University. Her Doctorate in Philosophy Degree is from Kent State University. Rebecca's Masterful Coaching training is from the New England Education Institute. She received her advanced clinical training in Behavioral Medicine from the Mind/Body Institute certified through the Department of Continuing Education of Harvard Medical School.

Rebecca integrates her diverse skills in physical, mental, emotional, behavioral and spiritual arenas through her comprehensive training and by a commitment to a healthy lifestyle that encompasses body, mind, and spirit. She celebrated her 50th birthday by completing a triathlon, participates in dream work, and practices meditation daily.

Rebecca's philosophy is based on the belief that growth forward engages courage, will, and strength within the individual. It also accesses support from the environment. Her professional goal is to help others increase physical health, mental health, and general well-being by balancing one's mind and body for life.

This is just a sample of the workshops Rebecca presents:

Live a Healthy Lifestyle:

Relaxation / Stress Relief / Meditation

Managing and balancing stress is an important part of living a healthy lifestyle. Learn the physical, emotional and behavioral signs of stress. Develop resistance to stressors through a combination of cognitive-behavioral techniques, relaxation training, breathing techniques, and meditation practices. Explore strategies for taking care of self, strategies for managing your mind, and basic strategies for life.

In Fitness and In Health:

Useful Teachings for Sports, Business, and Life

Being an athlete can help you win more than just races. Whether you are only thinking about an athletic endeavor, you are a beginner recreational athlete or you have aspirations for the road to Olympic glory; combine western psychology with eastern philosophy to find your competitive spirit, translate desire into motion, explore your attitude, find the motivational strategies that work for you, create visualizations and affirmations to unlock the extraordinary potential and

performance that can also be applied to sport, business and everyday life.

For more information regarding Rebecca's workshops that are available through the MBSC Speakers Bureau please contact the MBSC office at (216) 426-8045 or you may contact Rebecca at (440) 338-1538 or by email at Rebecca@yourhealthstyles.com. Visit her website at www.yourhealthstyles.com for more information

Beverly Singh, a.k.a Atmarupa, AYT, RYT, CYT, is the founder of Atma Center, in Cleveland Heights. Named from the Sanskrit word Atma meaning "true self," the Atma Center was founded to help integrate the physical, emotional, intellectual, and spiritual aspects of health.

Yoga allowed Atmarupa to regain her health and, she says, "It has afforded me the opportunity to more fully explore who I am."

Atmarupa believes that teaching is a wonderful way to learn and has taken to heart the wisdom of Desikachar, who said, "I teach to find out what I don't know." Desiring to learn more about yoga, she began teaching it to others. Having taught anesthesia for more than a decade, she finds many similarities between anesthesia and yoga. She feels that both involve the study of varying levels of consciousness and the ability to control them. Both studies also require intense awareness.

Atmarupa presents these workshops for MBSC's Speakers Bureau:

Yoga as Physical Therapy

Which came first—Yoga or physical therapy? Yoga has been an approach to healing the body dating back to ancient times, but Western medicine classifies it as non-traditional. Many yoga poses are actually the same as exercises used in physical therapy, especially for spinal problems. Unfortunately, the Western view of yoga poses has been distorted by images of contortionist positions.

Yoga works with the whole person, taking into consideration that physical maladies may result from, or be worsened by mental or emotional factors. This presentation explores common medical problems and how Yoga can be used to complement healing.

Yoga: An Introduction

This program will provide information about Yoga and its benefits and will explore common misconceptions regarding its practice. Scientific research investigating its effects will be presented. Attendees will have the opportunity to participate in a short yoga session geared toward the needs of the group.

For more information regarding Atmarupa workshops that are available through the MBSC Speakers Bureau please contact the MBSC office at (216) 426-8045 or you may contact Atma Center at (216) 371-9760 or visit www.atmacenter.com for more information

2007 Programs

The Programming Committee Presents Educational Events for this year:

June 27: "Amazing Grace: The Twelve Steps as Seen Through the Eyes of the Chakras" with JoAnne Scullin at the River's Edge at St. Joseph Center

September 20: "The Pro's and Con's of Non-Food Supplements with Dr. Tanya Edwards

November 14: Annual Meeting and Networking Event

December 12: "Sound & Healing" with Deforia Lane and drumming with Baba Jubal

Save the Date for this Special Event

*Mother's Day Butterfly Tea & Silent Auction
May 12, 2007 at Pine Ridge Country Club,
Wickliffe*

Invitations were sent the week of March 20th, if you would like extra invitations to give to friends or family please call the MBSC office, (216) 426-8045

We are accepting donations for the Silent Auction and would love to have a variety of gifts, services and certificates. Please contact kat@mbsconline.org or jan@mbsconline.org for more information or to arrange for pick up of your items.

*Please see donation for at end of newsletter
Donations will be accepted until May 1, 2007.*

The Mother's Day Butterfly Tea & Silent Auction is a celebration of Mother's and others...all the special women in our lives.

This event is not limited to Mother's and Daughter's: all are welcome. Men are encouraged to bring their mothers, wives, sisters, friends...



Welcome New Members

Janel Volk Hubbard, M.Ed, LPCC, OTRL, LLC
Clinical Counselor, Mosaics Integrated Health, Orange Village

Karen Allgire, MFA, RYT
Iyengar Yoga Instructor, Green Tara Yoga & Healing Arts, Cleveland Heights

Tamara McDonald, N.D., Naturopathic Physician/Acupuncturist, Hudson

Edward Carome, Ph.D., Senior Scientist, Photonic Developments, LLC, Beachwood

Galina Chernova, Financial Services, Cleveland

Ron Tatsumi, retired, Dallas, Texas

Calendar of Events

Please take a minute and visit our newest feature on the website!

This link will take you directly to the Calendar of Events. <http://www.mbsconline.org/calendar>

If you have a special event or workshop that you would like listed please send all the information to kat@mbsconline.org in a Word document at least two weeks prior to the event. MBSC will post events that support the educational mission of the organization and its members.

Please direct your friends, family and associates to the Calendar of Events for all the latest and most up-to-date listing of events in the holistic community in Northeastern Ohio.

Here is just a sample of what you will find at www.mbsconline.org/calendar:

April 3rd Fibromyalgia/Chronic Fatigue workshop in Hudson

April 14th James Hollis, sponsored by Jung Cleveland

April 14th Spa Day at Angel House in Strongsville

Member Spotlight:

As MBSC grows, we want to continue to learn more about each other. Featured members will share information about their business and/or type of work, why they joined MBSC and any special interests.

The spotlighted member will be selected by a random drawing.

The March-April spotlight member is: **CAROL BAGLIA**

Carol is a charter member of MBSC joining in 2002 when she heard about Donna's vision for the organization.

When asked why she felt it was important to be a member of MBSC. Carol replied; "Collaborating with other professionals to raise awareness of complementary options for health care makes perfect sense. I believe in trying natural solutions to address symptoms before resorting to drugs and surgery although I have credentials both as a traditional registered respiratory therapist in addition to being certified in the Buteyko Breathing Method. I only know of one other person in the country who can make the same claim."

The Buteyko Breathing Method, Buteyko is a safe, simple and effective program to restore normal breathing 24/7. "I am passionate about sharing this (Buteyko Breathing Method) with other people. I think breathing is the most important component to optimal health, even more so than a nutritious diet or adequate exercise, since it is what we do more than anything else. With taking approximately 20,000 breaths a day, if your body is not doing that correctly then it will be compromised and have complaints. I am a breath coach and teach people how to breathe the way the body was designed to perform this basic function. My work is so personally rewarding in watching the transition of clients as they change the course of their lives by improving their breathing and health. I enjoy traveling to spread this message around the country."

When **Carol** is not sharing the Buteyko breathing method with others she spends time with her family, participates in various exercise activities, and attends classes.

Thank you **Carol** for sharing with the MBSC members

February Program Highlights; "To Prescribe or Not to Prescribe with Dr. Dorothy Sprecher"

What a great start to the 2007 program year! Thank you to all the members and guests who braved the cold and snow to hear Dr. Sprecher.

Dr. Sprecher shared a wealth of information about living long and well. A view of the body as a "symphony of systems" working together to create health and wellness was presented as the basis of her philosophy and practice of medicine. Those present were shown how the "Web", a web-like system of interconnections in the body affects our health and overall wellness.

Dr. Sprecher presented answers to the questions: "What do we do when we get sick?" and offered guidance for people seeking the best of conventional and alternative therapies.

She is presenting a series of lectures at Mustard Seed Market & Café in Solon:

Tuesday April 24 The Immune System
Tuesday May 15 Blood Sugar Disturbances
Tuesday June 19 Hormones

Cost per lecture is \$10 in advance or \$15 at the door
Registration is required, call: 440-519-3663

To contact Dr. Sprecher or for more information visit,
www.hopeandhealing.meta-ehealth.com

A word from the Speaker's Bureau: A Valuable MBSC Resource

MBSC was created to educate the public about holistic practices and to further the educational needs of those practicing complementary healing modalities. "The Speaker's Bureau was designed to help schools, churches, community service programs, nonprofit organizations and other interested groups more easily find knowledgeable and interesting speakers willing to donate their time and share their expertise and opinions on a variety of holistic subjects." The Speaker's Bureau is a liaison between the community and holistic practitioners, providing the general public with an opportunity to better understand holistic alternatives.

Because of the dedication and our volunteer presenters, all our workshops and programs are offered free of charge to groups and organizations. If you know a civic organization or group that needs a speaker for their monthly meetings, please contact the office at 216-426-8045. or email kat@mbsconline.org with the information.

What an excellent way to "Spread the word about MBSC and holistic practices."

Sponsorship for upcoming educational programs

Would you or someone you know be interested in sponsoring one of the 2007 MBSC programs? This is an excellent opportunity to share your practice and/or business with others and support MBSC.

\$250 Exhibitor

- Recognition on program materials distributed to all guests
- Introduction/thank you by *MBSC* from the podium at this event
- Tabletop signage at the program
- Free attendance for yourself at this program and pricing at this event for any of your staff members
- Vendor display table of your materials. You or your representative can staff the area, answer questions before/after the program as desired.
- Recognition at *www.mbsconline* on the event page for this program, with a link to a website address that you specify.

\$500 Sponsorship Benefits

- Recognition on program materials distributed to guests
- Introduction/thank you by *MBSC* from the podium at this event
- Tabletop signage at the program
- Free attendance for yourself and a guest at this program or for one person at this event plus any other regular MBSC program.
- Display of your materials on guest chairs or a vendor display table, i.e., you or your representative can staff the area, answer questions before/after the program as desired
- Recognition at *www.mbsconline* on the event page for this program, with a link to a website address that you specify.
- Recognition through 12/31/07 as a "Silver Sponsor" on the website sponsor page.
- Year-long recognition via a half-page ad in MBSC's 2007 directory

- 1/4-page ad in one of our newsletters (3.75" wide x 4.75" high)

Special Event Sponsorship

Mother's Day Butterfly Tea or Annual Masquerade Event

\$1,000+ Private Donations

- Table for ten guests, if desired, as our thank-you

\$2,500 Corporate Sponsor Package

- Table for ten guests at the event
- Logo/listing in auction catalog
- Recognition from the podium and signage at the event
- 1/4-page ad in MBSC's bi-monthly newsletter
- 1/2-page ad in MBSC's 2007 directory
- Logo/listing on website with hyperlink
- Four tickets for MBSC programs in 2007

\$1,250 Corporate Sponsor Package

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- Recognition from the podium and signage at the event
- 1/4-page ad in MBSC's bi-monthly newsletter
- 1/2-page ad in MBSC's 2007 directory
- Logo/listing on website with hyperlink
- Four tickets for MBSC programs in 2007

Do you know of an organization or individual that may be interested in sponsoring an educational program or special event? Please send along the name and address and we will be happy to contact them for you with a letter and follow up phone calls or a meeting.

Additional information regarding the amount of tax donation for sponsorship levels is available and is provided with recognition of sponsorship.

If you would like additional information regarding these sponsorship opportunities please contact Katrinka at (216)426-8045 or email her at kat@mbsconline.org.

**Thank You to our
March Educational Event
Sponsor**

**4T Prosperity
Program**

Tithing of Time, Talent and Treasure
for Prosperity and Fullness of Life.

This is a course in prosperity and commitment.
Students can expect a renewal of mind and a
change in consciousness that expresses in the
manifest realm.

12 week course starting August 30th at Unity
Center Church
2653 South Taylor Road
Cleveland Heights.

Opportunity for MBSC members

Considering expanding your practice or need office space?
Office space is available for rent on the eastside, four days per
week. If you are interested, please contact Katrinka at 216-
426-8045 or kat@mbsconline.org for more information.

Baby Boomer Study by Wake Forest
University School of Medicine and the
University of North Carolina at Greensboro

Researcher's have discovered that Baby Boomers use
alternative medicine more than generations before or after
them, based upon a study of middle-aged adults. Middle-aged
adults are most likely to turn to complementary and alternative
medicine. They also found that race and ethnic backgrounds
don't matter as much as age does in whether an individual used
self-care methods.

"You'd expect that older adults and ethnic minorities would be
the greatest users of complementary and alternative medicine
because they tend to have more illness and relatively less
money and often hold different beliefs about medicine. But, in
fact, they don't," lead author and sociologist Dr. Joseph
Grzywacz said.

As a result, many traditional health care providers are providing
baby boomers patients with hypnotherapy, acupuncture,

massage, vitamins, herbal supplements, meditation, yoga and
guided imagery along with conventional medical care.

The study appears in the most recent issue of the Journal of
Health and Social Behavior.

**American Holistic Medical Association
2007 Scientific Conference**

June 6-9, 2007 Portland, Oregon

AHMA 2007 Scientific Conference-Environmental Awareness
and Health Tools for Patients and the Planet

The AHMA Conference 2007 offers clinically focused
information that will help you connect concerned toxicity with
the expanded ecological picture. Please join us in raising
consciousness about community threats to human and planetary
health and walk away with tools and inspiration for positive
and sustainable change.

In addition to learning about what you can do about
human/ecosystem health challenges posted to modern life, you
will also enjoy educational opportunities for general clinical
topics, personal development and daily experiential sessions
offered by a distinguished faculty of local and national leaders.
Science, art, clinical guidelines and reverence for life will be
woven into the fabric of the conference and you should come
prepared to experience meaningful collaboration, celebration,
fun and fellowship. Conference topics are diverse and are
designed to have a broad appeal to those who have been
practicing holistic medicine for years and to those who are
newcomers.

For additional information regarding the conference or AMHA
please visit www.holisticmedicine.org



Greetings MBSC Members:

The 2007 Mother's Day Butterfly Tea & Silent Auction is rapidly approaching! and the excitement is building!

The Invitations are being mailed today. Donations are arriving; we have an assortment of gifts, jewelry, crafts and services.

We would love to have items and/or services from all our members to showcase at the Mother's Day Butterfly Tea & Silent Auction. If you would like to contribute an item or service to the MBSC Annual Fundraiser, please complete the form below and return to the MBSC office via the mail or email. All items must be received by **May 1st**

For additional questions please contact Katrinka or Jan at 216-426-8045,

Thank you in advance for your support of MBSC

Please complete this form and return to MBSC Mother's Day Tea Auction, 3800 Perkins Avenue, Cleveland, OH 44114.

Name: _____

Address: _____

City _____ Zip _____

Phone: _____

Email: _____

Business: _____

Item Description: _____

Value: _____

Restrictions: _____

____ Item will be mailed or delivered to the office

____ Please pick up the donation item

If you provide all the information, we will create a gift certificate for you. Please make sure the information is received by May 1st.

Additionally if you know of a business or individual who we should contact for a donation, please forward the contact information to either Jan or Katrinka at 216-426-8045.

Volunteers are needed the morning of the Mother's Day Butterfly Tea & Silent Auction if you are willing to assist with any of the following tasks, please contact Jan or Katrinka at 216-426-8045.

- Set-up of Auction items starting at 9am
- Decorations starting at 10am
- Assistance during the Silent Auction
- Assistance with Check-out for Silent Auction
- Assistance after Silent Auction

Since the Mother's Day Butterfly Tea & Silent Auction is a fundraising event for MBSC, we really appreciate everyone's support, assistance and donations to make this a success.

