



HOLISTIC LECTURE SERIES OCTOBER-NOVEMBER 2017

Six years and going strong



Audubon Library
350 John James Audubon Parkway
Amherst, NY 14228
(716) 689-4922

PLEASE REGISTER IN ADVANCE
BY PHONE OR IN PERSON

Why Practice the Alexander Technique?

Tuesday, October 3rd at 7pm

The Alexander Technique was developed to improve performance and prevent injury for performing artists. However, its many benefits are universal and especially helpful in reducing and preventing everyday back, neck and joint pain. Learn how you can benefit from applying the Alexander Technique in your life!



Michael Serio has been practicing the Alexander Technique for over 15 years, and is a Certified Alexander Technique Teacher. He trained under Tommy Thompson at the Alexander Technique Center at Cambridge, MA and received certification through Alexander Technique International (ATI). Michael is the Unity Church of Buffalo Music Director. For more information his web site is musicianwellnesscoach.com.

Making Finely Fermented Foods

Tuesday, October 10th at 7pm

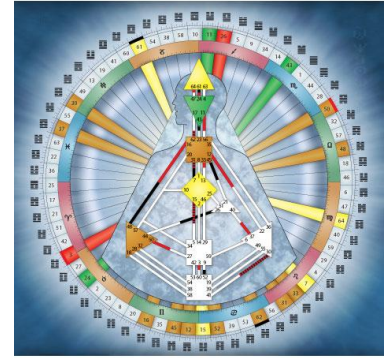
The process of fermenting foods makes them more digestible along with adding powerful nutrition. Learn how to make your own fermented foods to excite your taste buds and preserve your food, all the while bringing it to life! We'll show how anyone can easily do this at home, and how fun and inexpensive it really is.



William Romanow and Donna Dudek have enjoyed fermenting for years and sharing it with others. William is a Certified Live Food Chef from Living Light Institute in California. He's a graduate of The Institute for Integrative Nutrition. Donna has worked in the health and wellness industry for over 10 years. Both have completed a Health Ministry course from Hallelujah Acres and studied plant-based nutrition through the Cornell University e-course. They are continually learning new fermenting tips, tricks and creating new recipes.

An Intro to Human Design **Tuesday, October 17th at 7pm**

Human Design is a synthesis of Astrology, the I Ching, Quantum Physics, the Kabbalah, and the Chakra system. Your Human Design chart gives you a snapshot of your unique wiring, strengths, decision making strategy, and life themes. In this workshop, Diane will cover some basic information on the five Human Design personality types. This information allows one to be more in the flow of life and more aligned with one's unique journey and purpose. We strongly encourage you to bring a copy of your Human Design chart with you in order to get the most out of the workshop. You can request your chart at www.understandinghumandesign.com.



Diane Gaidry has been coaching since 2008. The primary focus of her coaching practice, Verite Life Coaching, is in identifying and aligning with the client's unique and authentic values, strengths, and qualities. When she discovered Human Design and began incorporating it into her coaching practice in 2014, she and her clients were amazed at how accurate and helpful the information was. Diane has done hundreds of Human Design readings for individuals, couples, families, and corporate teams in the past three years.

Sound Healing 102 **Tuesday, October 24th at 7pm**

From birth, all humans are wired for sound. Sound is defined as vibrational energy. Sounds have the ability to calm or stimulate the nervous system, relieve stress, and transform pain perception, plus so much else. Since sound is like food for the body, the brain, muscles, cells, emotions and heartbeat respond to sounds and music. "Healthy" or healing sound can help us relax, strengthen our immune system, improve focus and concentration, enhance creativity and learning, lower blood pressure, speed up recovery from surgery, etc! "Unhealthy" or toxic sound can have a deleterious effect on our system, raising cortisol (stress hormone) levels. People "resonate" at certain frequencies. We are composed of vibrating atoms, molecules and body parts. Each one has its own particular resonance. Our emotions are vibrations as well. People can literally give us "good vibes." In part two of this workshop, participants will learn relaxation and meditation techniques that incorporate sound healing principles. Attendees will receive free mindfulness and relaxation audios to use on their own after the workshop. No prior knowledge is necessary to attend this program.



Darcy F. Wallen, LCSW, ACSW is an accomplished musician, performer, motivational entertainer, social worker, psychotherapist, consultant, lecturer and community leader. She conducts workshops on everything from emotional well-being and holistic practice to Torah philosophy, and music. With her trademark humor, sensitivity and concern, Wallen exudes a special warmth towards everyone blessed to come her way. She's also the founder of Toratherapeutics,[®] which you can read more about at www.toratherapeutics.com

Pumpkin Tales

Tuesday, October 31st at 7pm

Join Franklin LaVoie, on Halloween night for a family-appropriate storytelling night called "Pumpkin Tales." First up: "The Haunted House on Old Oak Hill" - a madcap prose poem, with a little bit of everything that makes Halloween such a popular holiday. Next: "It Was A Dark Dark Night" - a classic ghost story with a twist. Thirdly: "The Mewlips" by J.R.R Tolkien, a poem suited for Halloween. Lastly, "The Shades of Halloween" - a prose poem about pumpkin patches, spooks, and witches on broomsticks, on a Halloween night. Sign up your kids and grandkids as well!



Franklin LaVoie is a visionary artist, set designer, storyteller, author, and puppeteer. His contributions have appeared in a variety of publications, most recently, in: [Exploring the Edge Realms of Consciousness](#), edited by Daniel Pinchbeck and Ken Jordan; and also, in John Major Jenkins' book: [The 2012 Story](#). Franklin has been pioneering the research on Buffalo-Niagara's enchanted landscape, for over twenty years.

The Key to Health Is at the End of Your Fork

Tuesday, November 14th at 7pm:

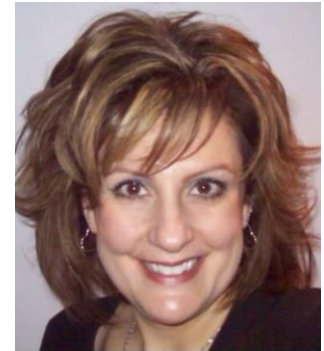
Come join Jessica Altman, of www.gardenfreshfoodie.com, and learn how plant-based nutrition can help prevent and reverse many Western Diseases such as heart disease, Type 2 diabetes, and obesity. Jessica will discuss what foods to incorporate and provide tips on how to make eating plants easier.



Jessica Altman is a busy mother of 2 beautiful kids, ages 11 and 14. She grows much of what her family eats. She is a certified plant-based chef, holds a certification in plant-based nutrition, and is a certified CHIP facilitator. She is a passionate educator, and has taught science, community gardening, and food education since 1998. She holds a Master's in Science Education, is a certified NYS biology teacher, and is currently in a Master's in Public Health program. Jessica combines her passion for cooking & gardening with her passion for teaching. She writes recipes and photographs her food blog, www.gardenfreshfoodie.com, a blog devoted to plant-based, gluten free, seasonal recipes. Jessica lectures about the health benefits of plant-based nutrition, and holds healthy, plant-based cooking classes in the Buffalo area wherever there's a table and an outlet! Her recipes have been featured on One Green Planet, Food Revolution Network, the American Heart Association, Forks Over Knives, www.tastespotting.com, www.foodgawker.com, and www.findingvegan.com.

Bach Flower Remedies
Thursday, November 30th at 7pm

Bach Flower Remedies are a safe and natural way to reduce and eliminate anxiety and negative emotions that keep us from being peaceful. Used worldwide for over 80 years, the 38 Bach Flower remedies work to rebalance and heal specific emotional states. The effect of the remedies is a transformation of negative thoughts and behavior into positive ones. Not to be confused with aromatherapy or essential oils, flower remedies have no scent, and are taken internally as drops under the tongue. These remedies have many benefits, are easy to use, and are safe for the whole family, including pets. Learn what they are, which flowers you identify with, and how they can improve the quality of your life.



Becky Wisniewski is a Bach® Foundation Registered Practitioner, with a 30 year background in Spiritual Studies including Law of Attraction, Meditation, Self-Improvement, and Intuitive Development. In her Bach Flower Practice, Becky is able to help people find emotional balance through the use of Bach Flower Essences. She discovered the remedies through her own experience, as she sought natural options to help with her depression. She has an innate ability of connecting with others, and easily gains the trust of her clients. As they speak openly sharing their personal problems and struggles, she naturally feels inspired to match them up with the flower remedies that would solve their problem. Visit www.bachflowersbybecky.com for more information.

*For information about the online Yahoo discussion group for the Audubon Holistic Lecture Series,
send an e-mail to AudubonHolistic@GMail.com*

**IF YOU ARE INTERESTED IN ATTENDING ANY PROGRAMS IN THE SERIES,
PLEASE REGISTER BY PHONE (716-689-4922) OR AT THE LIBRARIAN'S DESK**

