



Catherine Ann Siri Sat Liska, Embodiment Facilitator

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Spirit Infused Coaching, Movement and Energywork for a Vibrant Life

Client's Bill of Rights

Degrees, Training and Experience

Academic: B-Arch in Architectural Design from the University of Minnesota, 1990
BA in Home Economics/Textile & Clothing Design; Piano Performance Music Minor
from the College of St. Catherine, 1984

Energy Medicine, Bodywork Training and Teaching Experience:

Trainings & Certifications:

Polarity Therapy/Basic Shiatsu: currently in Practitioner Training program 2017 to present
Kundalini Yoga: Level One Instructor Training Certification 2003, Level 2 Conscious Communication Training KRI
2006, Level 2 Life Cycles & Life Styles Training KRI 2011, Level 2 Mind & Meditation Training KRI 2016
Sat Nam Rasayan Healing: Basic Practitioner classes & workshops, 2004-2008
Reiki: Usui Reiki Master Attunement 2006, Karuna Reiki Master Attunement 2008
Higher Consciousness Training: Center for Happiness 2008
Yoga Meets Dance™ Instructor Certification 2009
Global Somatics Process™: 1440-hr Practitioner Certification, 2008-2009, Teacher Certification – 2010 to 2014
Circles of One: Activations #1 thru #12 with Samuel Welsh, 2011 – 2012
Gem Remedy Practitioner Training: Certification with John Armitage, 2012
New Paradigm Multi Dimensional Transformation: Master Teacher Certification w/John Armitage, 2012
Eden Energy Medicine: intro classes with Sandy Shipp, 2012
Anatomy Trains® Myofascial Meridians & Fascial Release: Intrinsic Muscles of the Pelvis Workshops, 2013
Polarity Resolution Therapy: Training Certificate, August 2013
Yoga of Light studies with Bill Torvund, 2012 to present
Being An Ascended Master in Human Form: training with Maureen Higgins 2014 to present
Sound of Healing Naad Yoga: Foundations Training coursework 2015/2016
Levels 1, 2 & 3 Holistic Coaching Certification, Global Association of Holistic Psychotherapy/Coaching 2016/2017

Teaching and Workshop Experience:

Development of "Tools to Cultivate Calm" workshop 2017
Development of "Raise Your Joy Quotient" workshop 2016
Development of "Change Your Movement, Change Your Life" workshop 2015/2016
Development of "Alchemy of Mindful Breathing" workshop 2016
Development of "Solar Flares, Crystal Grids & Meditation" workshop 2016
Development of Chi Flowing™ Yoga (Chair and Fundamentals) Sept 2015 to present
Development of "Healthy, Happy Hips & Pelvis" Workshop, 2014
Yoga Your Way private and small group classes, 2013 to present
Development of and Teacher of FLOWBody™ Yoga, 2012 (renamed Chi Flowing™ Mindful Movement in 2015)
Development of 'Breath-The Vitality of Life' Workshop series, 2012
Development of "Brain + Body = Creativity" Workshop, 2012
Gentle Chair Yoga/Senior Somatics Teacher, 2011 to present
Embodiment Facilitator: Higher Consciousness Retreats with Maureen Higgins 2011 & 2016
Kundalini Yoga Instructor 2004 to present
Level 1 Kundalini Yoga Instructor Training Certification, 2003
Dance Instructor Cassandra School of Belly Dance 1997-2007/Professional Middle Eastern Dance Performer 1991-2007
Private Piano Instruction for adults and children, 1984 to 2013

Professional Memberships

- IKYTA – International Kundalini Yoga Teachers Association
- ABMP – Associated Bodywork and Massage Professionals
- ISMETA – International Somatic Movement Education and Therapy Association
- GAHP – Global Association of Holistic Psychotherapy and Coaching
- NPMdT – New Paradigm Multi Dimensional Transformation - Americas

Description of Services

Vibrant Joy is an alternative bodywork, movement education and energy-work practice. Following is a list of services available from Catherine Ann Siri Sat Liska:

Chi Flowing - Mindful Movement

Each Chi Flowing Mindful Movement class and sequence focuses on slow, flowing movement with conscious breathing to increase strength, balance and flexibility in every joint of the body. By combining gentle supported breathing with a somatic experience of deeply listening and communicating with your own body you will open your energy channels, clear your mind and revitalize your entire natural body/mind relationship by energizing the relationship of your limbs to your core and releasing tension from your nervous system. This creates more freedom of movement with less discomfort. These classes are perfect for folks with chronic movement restrictions and pain, as well as people who are interested in cultivating a deeper relationship with their body as they move in their daily life.

Global Somatics Process™

The Global Somatics Process™ (GSP) empowers individuals to activate channels between the physical body and energy field for self-realization, authentic healing and conscious evolution. Developed by Suzanne River, GSP weaves together many somatic modalities with the art and discipline of “relationship” focusing on providing educational and therapeutic support for the client. In each session, Catherine engages the client in an embodied and improvisational relationship that supports exploration of the ‘Natural Body’, facilitating the embodiment process and laying the foundation for the body to rebalance and open to healing. *The Natural Body is a dance between the systems of the physical body and the energy field that permeates and surrounds the body.* This dance consists of developing patterns of movement that grow and transform from conception through death. These moving patterns reveal and create dynamics of perception which connect aspects of self-sensation and movement, energy, emotions, thoughts, beliefs, soul, spirit and one’s unique purpose for being here on earth.

GSP is an approach to the nature of bodymind that includes re-patterning through resonance, movement education, intentional touch and sound. This transformational process includes the following modalities/tools:

1. In depth study of the Body-Mind Centering Approach of experiential anatomy through which the practitioner is able to listen to the language of all the cells, processes and systems of the client’s body and assist the client in accessing this powerful resources of the Senses, Breath, Voice, Fluids, Skeletal System, Muscles, Ligaments, Fascia, Organs, Glands and Nervous System.
2. Authentic Movement
3. Craniosacral Therapy
4. Developmental Movement Re-Education
5. Massage and Myofascial work
6. Energy medicine of the Vibrational Aspects™ System and Reiki
7. Integration through walking, writing, vocalizing and/or drawing

The Global Somatics Process™ nurtures embodiment – the life process of actively seeking and openly allowing the body to reveal its consciousness and to reconnect with the energy field. Through GSP harmony and balance may be restored allowing space for and connection to the healing and transformative wholeness that moves within the Natural Body.

Kundalini Yoga (as taught by Yoga Bhajan)

Kundalini Yoga is a comprehensive tantric tradition of raja yoga that provides the tools and technology to quickly and efficiently aid each person realize his or her healthy and creative self. Appropriate for all ages and fitness levels, Kundalini Yoga includes combinations of body movement, asana, pranayama, mudras and mantras in specific sequences of action called kriyas that quickly and efficiently bring all aspects of the body into alignment and balance. Both challenging and relaxing, there are over 2500 kriyas and meditations that may be used to

address integration of the physical, energy, emotional and spirit bodies. Modifications are possible to suit every individual student's unique body/mind.

Energy Harmonizing

In each energy harmonizing session Catherine Siri Sat assists the client's physical body to activate optimal energy flow with hands-on techniques that "jumper cable" blocked energy channels and restore optimal meridian flows. She guides the client to connect with the wisdom their physical body through a process of gentle, active awareness of their sensations while cultivating a relationship to their own inner healer. This restores balance and harmony throughout all aspects of their body/mind and calms their nervous system. Energy Harmonizing works cumulatively, meaning that each session establishes new relationships in the client's energy field that are reinforced with regular sessions to keep the energy channels opened and flowing.

New Paradigm Multi Dimensional Transformation

The New Paradigm MDT system utilizes a powerful energy whose core essence is Love without conditions, non-judgment and Freedom from fear – the energy of Shamballa. This energy of Shamballa is an expanded expression of the system of Reiki that was downloaded by Dr Usui over a century ago and these higher vibrational frequencies may now be easily assimilated by human beings for personal and planetary healing. The New Paradigm MDT practitioner (Catherine) receives activations with these powerful energies that clear blockages of all kinds (physical, mental, emotional, energetic and multidimensional), continually moving the practitioner towards complete balance on all levels. Through the continually expanding capacity of Catherine to call on and resonate with the energy of Shamballa, the client or situation is supported in *multi-dimensions* to clear lower frequencies of energy and align with his/her highest vibrational expression. NPMDT healings are done very simply by laying the hands on a person OR by consciously transmitting the energies to a person over distance. Dis-ease is a lack of energy flowing in a particular place in the physical body reflecting an imbalance of the body-mind-emotions-spirit relationship in multiple dimensions. When the energy of Shamballa comes into a client's body and energy system it creates a situation in which that person's I AM Presence (a.k.a. Higher Self, Soul, Inner Wisdom, etc.) can allow a re-balancing to take place in accordance with their own, unique soul alignment and Divine Will. Clients often experience a sense of peace and deep relaxation.

Multi Dimensional Ancestral & Past Life Clearing/ Oneness Energy Clearing

This is a process of working with your Higher Self to identify, unweave and release/transmute energetic patterns from our soul aspects, soul family and extensions of our soul group as well as the collective consciousness that are interfering with our ability to stay in alignment with our own Divine Essence or Higher Self. Through this work you create health, vitality and healing in your body, mind and spirit.

Embodied Intentional Change Coaching

This is a holistic, mind/body/spirit-based approach to life coaching designed to bring a client's awareness to how their Conditioned Self keeps acting on beliefs/habits/unconscious limiting thoughts that are keeping them stuck in old patterns. We gently look at how family dynamics, cultural expectations and unprocessed emotions from both adult life and childhood situations are affecting the ability of the client to feel fully empowered and alive with a goal of identifying and releasing core patterns from their mind, emotional field and physical body. The client is assisted to confront unresolved pain and self-limiting fears so that they begin to connect with their Authentic, Wise Self as well as their physical body to receive guidance and support from within, allowing Self-Love and compassion to grow and flourish.

Yoga Your Way

This custom designed somatics-based yoga/movement package is designed for you with a goal of finding more space within the body/mind to unwind patterns that interfere with freedom of movement and breath. Each session is co-created between Catherine Siri Sat and the client to meet the client's goals. Chronic injuries, pain triggers and movement limitations are lovingly honored as we gently coax the body to reveal how it wants to move and

breathe in order to feel supported. During each class we greet and meet the client's body where it is in the moment and build on the previous class experience.

Transformational Breathwork

Our breath is the link to our life – it holds the gentle power to connect us back to our true, beautiful and unique self. When we come into the world we are our Authentic Selves and we are breathing fully and in a connected way. As we experience life in our family, culture, environment our Conditioned Self gets developed which is a basket of coping mechanisms we learn to do to survive and create a sense of support outside of ourselves. Often our ability to breathe freely is compromised as our Conditioned Self puts a lid on our Authentic Self by restricting our breath. As emotions get held back they are stored in our body becoming energetic blocks that cause pain and separate us from connecting with our Authentic Self. Through intentional breathing and increase awareness of your body's response to mental and emotional triggers, each breathwork session reverses this pattern allowing you to safely process emotions and reconnect to our spirit as Catherine Siri Sat gently holds an energetic space of support for your unique and very important self-discovery process.

Somatic Trauma Recovery

Any life experience that causes us to feel overwhelmed or threatened, such as an accident or a kundalini-rising experience, as well as chronic stress and anxiety can manifest in our nervous system as “trauma” and lodge in our body and energy field. *If you are experiencing a continual sense of anxiety and hyper-arousal of your nervous system that keeps you feeling disconnected and un-grounded, this Somatic Trauma Recovery process creates a safe container where Catherine Siri Sat will assist you to gently look at how family dynamics, cultural expectations and unprocessed emotions from both adult life and childhood situations are affecting your ability to feel safe and supported.* With a goal of creating a safe container and honoring the wisdom of your body/mind connection you will be assisted in creating a sense of support from within that allows you to identify and releasing core patterns from your mind, emotional field and physical body that hold unresolved pain and self-limiting fears. Your whole body-mind will be honored as you move through this process as your own pace. By gently harmonizing your nervous system and connecting with your Authentic Self Catherine Siri Sat will assist you to create your own toolkit for empowered, balanced living.

ChiFlowing™ Therapeutic Movement Coaching

ChiFlowing™ Therapeutic Movement has developed organically as an extension and compilation of Catherine's on-going studies of breathing, somatic-based yoga and therapeutic movement combined with deep listening-in-the-moment to energy flowing within the meridians and nadis of the body. *Through a process of noticing where the body is 'not flowing' while exploring pathways of support back into the neuro-muscular system and skeletal system, Catherine shows the client how to use breathing and intentional movement to foster deep relaxation and gentle re-patterning.* It is adaptable to all body types, ages and stages of mobility and may include the use of props, chairs, balls and straps. Clients are encouraged to use their own body as their “classroom” to explore and learn the most optimal way to cultivate a sense of support and ease while moving in their body so they can be fully functional in their daily life. *Catherine Siri Sat is happy to incorporate a client's physical therapy exercise routine into each session to assist them in executing optimal support and alignment while addressing energetic “disconnects” that often are present in their habitual movement patterns.*

Scope of Practice

Catherine is qualified in all of the previously described fields. She is not qualified to provide medical diagnosis or to prescribe medicines. Global Somatics™ Process, Embodied Intentional Change Coaching and Kundalini Yoga can work in conjunction with psychotherapy and can address psychophysical dynamics, but should not be considered a substitute for any necessary psychotherapeutic work. Catherine will not attempt to address any condition that is beyond her knowledge and expertise and will let you know when she feels that such a condition has come up. *Please keep Catherine informed of changes in your health and body so that she can respond to your changing needs.*

“THE STATE OF MINNESOTA HAS NOT ADOPTED ANY EDUCATIONAL AND TRAINING STANDARDS FOR UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONERS. THIS STATEMENT OF CREDENTIALS IS FOR INFORMATION PURPOSES ONLY. Under Minnesota law, an unlicensed complementary and alternative health care practitioner may not provide a medical diagnosis or recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis from a licensed physician, chiropractor, or acupuncture practitioner, or services from a physician, chiropractor, nurse, osteopath, physical therapist, dietitian, nutritionist, acupuncture practitioner, athletic trainer, or any other type of health care provider, the client may seek such services at any time.”

Process and Fees *Please request Rate Schedule for Yoga Your Way, single session & coaching fees

INDIVIDUAL PRIVATE SESSIONS: Catherine will do an initial 15 minute phone intake and then, if she feels she can be of assistance, will schedule an individual session or coaching package with you. The first individual session includes further intake based on your written Client Intake Form and release waiver (Client Bill of Rights) and is 90 to 120 minutes long. Any future drop-in individual sessions will be between one and two hours long to be determined at the time of the scheduling. Coaching packages vary per package. Payment plans and discounts can be arranged in certain circumstances.

CLASS SESSIONS FOR INDIVIDUALS AND GROUPS: Yoga Your Way participants are required to book all 6 or 12 class dates upon registration or by the end of the 1st class meeting. Completion of a Client Intake Form and Client Bill of Rights is required for all Yoga Your Way participants. All other classes will only require completion of the Client Bill of Rights.

Catherine does not handle insurance claims, however she will provide a receipt and description of services upon request should you wish to file a claim with your provider.

Client Information, Respectful Treatment and Confidentiality

You have a right to complete and current information concerning Catherine's assessment and the recommended services to be provided which include recommended duration of services.

You should expect courteous treatment free from abuse of any kind and from discrimination based on race, gender, age, sexual orientation, disability, religion, or any other aspects of personal identity.

Since touch is often used in Vibrant Joy private sessions, it is important to let Catherine know if you would prefer not to be touched or if there are times when you are not comfortable with hands-on work. We can always adapt session material to your learning style.

Client records and transactions are confidential, unless release of these records is authorized in writing by you, the client, or otherwise provided by law.

Other Community Services

Other similar services are available in the community. You may ask Catherine and she will provide this information to you to the best of her knowledge. You have the right to choose freely amongst available practitioners and to

change practitioners after services have begun. If you wish to change practitioners, Catherine can assist you with this transfer. You have the right to refuse services or treatment.

No Retaliation

You may assert your rights described in the Client Bill of Rights at any time without retaliation.

Right to File a Complaint

Please discuss any concerns about your sessions with Catherine. She is always open to learning how to better serve clients. If you have any concerns that have not been addressed by talking with Catherine, you may file a complaint with the following offices:

Office of Unlicensed Complementary and Alternative Health Care Providers
Health Occupations Program
Minnesota Department of Health
P.O. Box 64882
St Paul, MN 55164-0882
PH) 651-201-3721 or email: health.hop@state.mn.us

By signing below, I acknowledge that I have received a copy of the "Client's bill of Rights" and have read and understood my rights as a client with Catherine Ann Siri Sat Liska of Vibrant Joy.

NAME _____ DATE _____