

Menu of Services

ESALEN

MASSAGE AND HEALING ARTS

ESALEN MASSAGE AND HEALING ARTS

MASSAGE OFFERINGS



Return to your natural state of balance and alignment.

An Esalen Massage is an inward journey rather than a therapeutic treatment. Through long strokes, a slow pace, and pauses, you are invited to return to your natural state of balance and alignment. Transformation occurs not through deep-tissue work but rather through an active participation between giver and receiver. As

your practitioner's hands direct your attention, this awareness evokes relaxation and change. Then your practitioner can apply deeper, more specific work as needed. The massage developed here at the hot springs recognizes that the body releases into pleasurable sensation. The body and mind are one.

All prices include 18% gratuity. Guests may add additional gratuity, if desired, at booking or checkout.



ESALEN® MASSAGE

75 minutes / \$230

Perched on the bluff above the ocean, and nestled beside the healing waters of Esalen's renowned natural hot springs, a deeply nourishing massage experience awaits you.

Our massages are 75 minutes long and take place in private rooms at the Esalen baths. Weather permitting, massages may also take place outside on the upper deck.

All of our healing arts and massage sessions strive to empower you to regain a sense of harmony and to awaken inner resources for healing. It is not unusual for us to hear, "That was the most amazing massage I've ever received."

ESALEN® MASSAGE - Visitor

75 minutes* / \$357

A full treatment Esalen Massage for a visitor to Esalen who is not already on property for a workshop or overnight experience.

*As a massage visitor, you will receive access to the property from 8:45am – 4:30pm, (with your massage at 9:10am, 10:50am or 2:45pm), a full buffet-style lunch, and complimentary access to the open classes taking place on the day of your visit.

Email massage@esalen.org for reservations at least 24 hours and up to two months in advance.

ESALEN MASSAGE AND HEALING ARTS

ALTERNATIVE SERVICES

*Alternative services only available to guests.
All prices include 18% gratuity.*



Micha Merrick's herbal services at the Esalen baths. Photo by Ami Sioux.

Micha Merrick

Micha believes the key to health and happiness lies in discovering ourselves as free and natural beings. She teaches herbalism, meditation and ritual as a heartfelt communion with our living ecosystem. Micha is an Esalen experiential faculty member and botanical altar artist. As a birth doula and practitioner of embodied herbal practices, her clients find sanctuary and grounding in connection with the earth.



Micha Merrick's herbal services at the Esalen baths. Photo by Ami Sioux.

She has studied with WatPo Royal Medical School, Bumi Sehat Natural Birth Center, Kripalu School of Yoga and personal mentorship with traditional midwives, botanical healers and folk herbalists in Bali, Thailand, Vermont, and California.

All prices include 18% gratuity. Guests may add additional gratuity, if desired, at booking or checkout.

HERBAL CLEARING RITUAL - SOLO

90 minutes / \$260

Meet outside of bookstore

Ritual is an agent of resilience, an experience outside of linear time, reminding us of our natural wholeness and the greater organic spheres to which we belong. This herbal steam poultice ritual — with a consultation of deep reflective listening — embodies the original nature of topical herbalism practiced by many ancestral cultures. Receive an introduction to whole living plants from this wild coast and the Esalen garden. Participate in the creation of an herbal poultice bundle,

aligned with your unique intentions. Experience the warm presence of tea-compress bundles resting on the body, as soft song and sound accompany your blessing. Find support through the direct contact of healing plants in a grounding ritual of integration, connection and renewal.

Includes tarot, poultice making, poultice body session.

Micha Merrick

HERBAL CLEARING RITUAL - COUPLE

90 minutes / \$354

Meet outside of bookstore

Ritual is an agent of resilience, an experience outside of linear time, reminding us of our natural wholeness and the greater organic spheres to which we belong. This herbal steam poultice treatment delivers the original nature of herbal medicine bundling practiced by many ancestral cultures. Experience the warm presence of whole living plants and tea-compresses placed directly on the body by your partner in a grounding ritual of integration, connection, and renewal.

No tarot. Includes poultice making. Couples will be guided to use the poultice on each other.

INTUITIVE CARD READING

90 minutes / \$230

Meet outside of bookstore

Dive into a personal question and allow the synchronicity of the cards to illuminate your answer from many perspectives. A Jungian approach to tarot. Full Celtic cross readings.

Silvia Guersenzvaig

Silvia Guersenzvaig is a bilingual practitioner and teacher of Transformational Kinesiology® certified by the Polaris International College from Denmark. Astrologer since 1976, she is the creator of AstroSoma®-somatic astrology and has been offering her services at Esalen since 1982. Silvia counsels individuals, couples, and groups nationally and internationally. She is part of the Esalen® Massage faculty and currently facilitates groups for ISGO- IANDS on the subject of near death experiences and after death communication. TransformForJoy.com



TRANSFORMATIONAL KINESIOLOGY

120 minutes / \$325

Meet outside of bookstore

Transformational Kinesiology is a modality based on ageless wisdom that combines energy muscle testing with a detailed inquiry process. The work helps to rewire gaps that are formed among the electrical/nervous and cognitive system of trauma to promote healing in a seamless, transformative, and permanent way.

Silvia Guersenzvaig

ASTROSOMA

120 minutes / \$325

Meet outside of bookstore

When one aspect or archetype of our nature has been “hurt” it tends to remain hidden or stuck, frequently attracting lessons that require further awareness and growth. AstroSoma is a cutting-edge modality that combines gentle energy muscle testing with the guidance of one’s natal astrological chart. The purpose of the practice is to find where these stuck energies reside and uncover what needs to be brought into the light to improve one’s life and help achieve future goals.

Requires birth date, time, place emailed to openstars@icloud.com prior to session.

ASTROLOGY READING

120 minutes / \$325

Meet outside of bookstore

Since ancient times, the heavens have offered an understanding of life’s unfolding events through the mapping of one’s birth chart. Astrology readings reveal the intrinsic configurations of personal gifts and challenges, illuminating the journey of the inner Self. These readings offer guests personal tools for life navigation, helping adjust their creative compass towards greater understanding and wellbeing.

Requires Birth date, time, place and current place of living emailed to openstars@icloud.com prior to session.

This service is 120 minutes in total, with the session being 90 minutes in duration with an additional 30 minutes for Q+A and discussion.

Isabel Fleury

Isabel is a licensed psychologist in Brazil where she kept a private practice and worked in clinical and institutional settings. She moved to the United States in 2007, working to deepen her experience at the Esalen Institute in Big Sur, California. Early on she participated in various trainings with renowned teachers that deeply influenced her worldview, like Stanislav Grof, one of the founders of Transpersonal Psychology and researcher on non-ordinary states of consciousness, the historian and author Richard Tarnas, and Jungian analyst and author Jean Shinoda Bolen, among others. In 2014, Isabel took a deep dive into Buddhist practice and started to sit in long meditation retreats at Spirit Rock Meditation Center in Fairfax, California. Since then she has been committed to the study, practice, and sharing of Buddhism and Insight Meditation with the world.

ARCHETYPAL ASTROLOGY READINGS

75 minutes / \$230

Meet outside of bookstore

The birth chart is a living reality, revealing the seed-potentials of an individual journey. It defines the structure of our personality and its cycles of development in a unique way. Isabel's deepest intention is to support people to live authentically and consciously. She believes we can cultivate a deeper and more fulfilling relationship to ourselves and to all of life — one that honors, respects, and cares for our hearts, minds, and souls. Whether through counseling or archetypal astrology, practices that allow us see into the nature of the mind can help us learn to discriminate between what

causes suffering and pain and what creates a pathway toward happiness and well being. She believes in a participatory vision of life, meaning we all take responsibility for the way we respond to what happens within our own being and in the world around us. Creating a better life on this planet is up to us. Everything we do matters and will bear fruit.

Requires birth date, time, place emailed to isabelfleuryastrology@gmail.com prior to session.

Isabel Fleury

DREAM WORK: A PATH TO THE SOUL

75 minutes / \$230

Meet outside of bookstore

“When you get to be older, and the concerns of the day have all been attended to, and you turn to the inner life — well, if you don’t know where it is or what it is, you’ll be sorry.”

—Joseph Campbell 1988, *The Power of the Myth*

What is life asking of us? Nowadays there is so much noise and not enough time and space for most of us to look within and to care and serve what is emerging from the depths of our beings.

The word *psychotherapy* literally means *soul care*, sounding like a long lost art (which it kind of is!). The beauty is that we can recover this art, we can attend to our psyches with an intention to deeply listen to what wants to unfold and to offer it proper care.

When this way of being with the raw material of the soul is honored, the magic that happens from listening

to the unconscious begins. Dreams give us the material we need to glimpse the soul and to begin to tap into meaning-making and insights. They reveal deep characters, memories, themes, and fears that are always present though might not be conscious.

One great advantage is that dreams are current. They give us a view of things as they are now.

JJ Jeffries

In a world of ever increasing use of social media to communicate, connection is paradoxically becoming more elusive and intimidating for many of us. We can use the body as an authentic and safe bridge to move beyond the unconscious scripts of our limiting beliefs that inhibit our natural desire for connection and our growth potential. Within a safe container of playfulness and possibility, we say 'YES' to life, as we craft a new experience embracing our heart's

desire. JJ Jeffries resides at the Esalen Institute in Big Sur, California. Though BEING is his preferred state, he is intensely curious about all things DOING leading to BEING. He has been offering his 'Sensory Awareness Chakra Meditation' and 'Dance Awake' movement classes for almost two decades at Esalen. He is a devotee of play and laughter, and welcomes your company. Come and say 'YES'.



PATHWAYS TO JOY: TAKE ESALEN HOME WITH YOU

75 minutes / \$230

Meet outside of bookstore

Esalen is a magical place that invites you to open up and receive its gifts whether you are looking to restore and heal, move through transition, or find your unique pathway to joy. But once you leave and return to your everyday life, these gifts can wither away in time if not cultivated.

In this guided self-reflective inquiry, we challenge the pain-driven beliefs of self-criticisms and punishment

and reveal blocks to growth and human potential. We redirect focus to invite your innate wisdom compass to seek out the Pathways that lead to Joy in life.

With this awareness, together we will create practical strategies that will guide and support you along this journey so you can integrate the Esalen experience and take it home with you.

Seema Christie

Seema Christie has been practicing energy work for nearly 20 years. After 9/11 she shifted from corporate life and traveled to Esalen, it was there she first met her teacher, friend and mentor, Maria. She has studied and assisted extensively with Maria Lucia Bittencourt Sauer, original teacher and founder of the work, in the US as well as Brazil. She is a Reiki master and practitioner, has studied and received certifications in three ashrams and is a Hatha yoga teacher and advanced Therapeutic Restorative yoga teacher. She teaches Esalen massage and Reiki , and taught yoga extensively at Esalen and in NYC at Integral Yoga institute.

She has taught and worked at Esalen as a therapist and yoga and meditation teacher, and had the great honor of teaching this work to staff and residential students after the passing on of Maria.

The work is based on Maria Lucia Bittencourt Sauer's work, Light Body infusion/ Spiritual massage, using gentle touch, energy clearing, and infusion. My experience as a reiki teacher/practitioner, zen practitioner, therapeutic yoga instructor, and Esalen massage therapist creates a unique experience that is sacred and relaxing. I invite you to access your own healing home within, and touch-in with your essential nature — the light body.

Her interests and range of study include, Buddhism and mediation, cranio sacral study, distance /remote energy work, spiritual art making and plein aire painting. She was drawn to the healing properties of this land and lives with her beloved in Big Sur.

Seema Christie

LIGHTBODY INFUSION

75 minutes / \$230

Meet outside of bookstore

“Know you are the light — rely only on this light.”

— *Shakyamuni Buddha*

Light Body Infusion is a hands-on healing practice with gentle energetic touch and clearing (done through clothing and sheet) while working directly with the energy body, balancing the chakras, cleansing old thought forms, and gently facilitating release of emotional, physical, and spiritual blockages. This is done fully clothed and accompanied by a brief intention-setting meditation and aromatherapy. My intention for this energetic form of body work is to create a safe healing space for you to receive any gifts that you are ready

to receive. The work is based on Maria Lucia Bittencourt Sauer’s work and has a history at Esalen. By using guided visualization, breath and sound, gentle touch, energy clearing, and infusion of energy, you’re guided toward a holistic experience of lightness and restoration. The work I draw upon as a Reiki teacher, Buddhist practitioner, Therapeutic yoga instructor, Esalen massage therapist and instructor creates a unique session that is sacred, relaxing, and clearing as you return to your own “healing home” within.

Nate Tobey

I am a practitioner of Hakomi, a method which uses body-awareness and mindfulness to help people somatically embrace and embody their true selves.

I believe we've been trained to not feel very safe with one another. Most of us are so used to being vigilant about our personal safety that we don't realize how much energy it takes to protect ourselves. This vigilance limits our ability to express the hidden, precious parts of who we actually are. In those hidden places lies the inner voice.



I believe that every soul arrives in this world with its own unique opportunity for growth, change, and evolution. By creating a safe and supportive relationship, I help people re-discover their inner voice which helps them listen to the body and stay in the present moment.

FOLLOW YOUR BODY'S LEAD: THE DOORWAY TO ALIVENESS

75 minutes / \$230

Meet outside of bookstore

Your body is speaking — are you listening? Experience the transformational power of mindfulness and body-centered awareness in this deep introduction to present-moment healing that will leave you renewed and reawakened, ready to truly take in the preciousness of your time at Esalen.

Peggy Horan

Peggy is a legacy holder of Esalen® Massage and one of the founders of the Esalen Massage School. She has worked at Esalen for over 50 years, and has taught classes for beginning and advanced students, certification classes in prenatal massage, and a Teacher Training courses. Peggy is a student of many diverse movement practices. She recently completed a teacher training course in mindfulness meditation. Her experience as a practicing midwife in Big Sur adds to her knowledge, her skills, and her practice in presence. Her body of work is expanding to include private teaching and coaching.



ESALEN MASSAGE TEACHING FOR COUPLES & FRIENDS

90 minutes / \$354

Meet outside of bookstore

Learn about connecting through touch and the practice of embodied presence. With more than 50 years of experience as a practitioner and teacher, Peggy will introduce and/or review the fundamentals of Esalen Massage and explore specific areas of interest. We will focus on developing a deeper sensitivity to the power of touch and how this practice helps integrate mind, body, and spirit. All are welcome. No experience is necessary.

COMPASSIONATE COACHING

75minutes / \$230

Meet outside of bookstore

Coaching sessions with Peggy are designed to help you reconnect to your deeper self, discover the wisdom of your body, and live from your heart. The methods Peggy uses are drawn from her experience with Esalen Massage, embodiment, movement, meditation, midwifery, and psychology studies. After decades of study, practice, and teaching somatic practices at Esalen, Peggy uses the wisdom she's gained to help others through heart-felt coaching.

This coaching practice is somatically based and grounded in the belief that the answers we seek can be found within the wisdom of the body. By developing tools to help cultivate somatic awareness, personal and relational transformation is possible. Through deep listening and gentle guidance, we will work together to attain embodied presence and self-acceptance. We will also work with movement, meditation, self-inquiry, and grounding methods to deepen our inner wisdom, experiencing our lives with an open and peaceful heart.

WILDTENDER

Guided wilderness sessions with Wildtender cultivate intimacy with the natural world, connect with wisdom traditions, and nurture presence and wholeness. Immersed in the beauty of the Esselen tribal lands now known as Big Sur, we reverently walk the trails to build meaningful relationship with the plants, animals, and all aspects of this magnificent place.

Structured like individual workshop experiences, the sessions explore both inner and outer landscapes through a variety of holistic modalities. Wildtender founders Noël Vietor and Fletcher Tucker have been both students and teachers at Esalen for over a decade. Their connection with Esalen's Gestalt tradition enriches their facilitation in the wild.



Co-founders of Wildtender Noël Vietor & Fletcher Tucker . Photo by Mark Gabor.

About Your Wildtender Guides

As a co-founder of Wildtender and faculty at Esalen, Noël Vietor is dedicated to helping people relate meaningfully with the land, themselves, and each other. While an educator in Esalen's Farm & Garden for five years, Noël became foundationally rooted in Esalen's Gestalt lineage. Having found healing and a sense of belonging in the Big Sur wild, Noël is honored to create this opportunity for others through Wildtender's immersive wilderness programs.

Fletcher Tucker is a co-founder of Wildtender and faculty at Esalen. A curious explorer of inner and outer landscapes, Fletcher's

background includes a lifelong passion for California's natural history and ecology, over a decade of practice in the Gestalt lineage of Esalen, study in the traditions of Taoism and Zen, and engagement with the Earth-reverent spirituality of his Celtic and Nordic ancestors. Fletcher is committed to re-connecting people in body, mind, and spirit with wild nature.

WILDTENDER

TEMPLE OF REDWOODS

4 hours / \$675

For one or two guests

Your journey begins beside a sparkling creek, in the cool shade of a towering temple of redwoods, centuries old. At the threshold of this peaceful sanctuary, come into presence with yourself and the place through a Gestalt-style check-in and guided nature awareness practice. Acknowledging Big Sur to be the ancestral lands of the Esselen tribe, we enter the wild as reverent guests. Ascending switchbacks through the forest, let the world's tallest trees become your teachers as you encounter the interdependence and resilience of redwood ecology. Cultivate relationship with the land through embodied experiences: smell and taste medicinal plants, listen to the language of birds, and interpret signs of the animals who dwell here. As you rise above the redwood canopy, you are invited into spacious, contemplative hiking. Take root in the earth and feel nourished by your connection with this sacred, living world.

- **Mileage:** 3–5 miles out & back, depending on pace & preference
- **Difficulty:** Moderate to Strenuous (steep & uneven terrain)

CHAPARRAL & SEA

3 hours / \$500

For one or two guests

Seated beside a redwood creek that flows toward the open ocean, we begin with a check-in and awareness practice — making space to connect with ourselves and this potent place and setting intentions for our time together. Acknowledging Big Sur to be the ancestral lands of the Esselen tribe, we journey here as reverent guests. Nourish your senses and curiosity about the land as we follow a chaparral-lined trail down to the shoreline, pausing to meet aromatic and medicinal plants along the way and sharing the natural and cultural history of Big Sur. Beyond a tunnel carved through the mountain by early settlers, a shimmering emerald cove waits for your presence and contemplation. Perched mindfully above rolling waves, teeming tide pools, and swaying kelp forests, you'll encounter this boundless wild ocean as a revitalizing force for your mind, body, and spirit.

- **Mileage:** 1.5 miles, out & back
- **Difficulty:** Gentle to Moderate (well-graded but steep trails)

Photo by Mark Gabor.

Misc. Info: Private booking for 1–2 guests. Time frame includes a 10-min drive to/from Esalen. Guest(s) must have their own vehicle to caravan with guide to the trailhead. Waiver & brief medical intake are required. Please see FAQ for packing list, eligibility criteria, and mores.



Guided Wilderness Sessions with Wildtender

Please find information and answers to common questions about Wildtender's Guided Wilderness Sessions at Esalen, as well as relevant policies and information. If you have further questions or concerns, please email info@wildtender.com.

Where do the sessions take place, and how do we get to the trailhead?

The Guided Wilderness Sessions take place in a wilderness area 10 minutes north of Esalen. The session time frame includes driving time. Guest(s) must have their own vehicle to caravan with the guide to the trailhead. Your guide will meet you at the start time in front of the Esalen bookstore. Please have your vehicle parked nearby so that you can depart efficiently together.

How difficult are the hikes? What if I'm a slow hiker?

Specific mileage and difficulty levels are listed in the description of each Wilderness Session. Big Sur trails are generally steep, rugged, and uneven. All hiking speeds are welcome, and there is flexibility to tailor the mileage to your preference. Please find Eligibility Criteria further below for specifics.

What do I need to wear and pack for the session?

- **Hiking Boots or Shoes** — Appropriate footwear is essential for safety and comfort; hiking footwear should be broken-in, supportive, have good tread, and be water-resistant or waterproof.
- **Sun Protection** — Hat and sunscreen.
- **Rain Jacket** — Rain is always possible in Big Sur, as is damp fog.
- **Day Pack** — Large enough to carry your layers of clothing and water.
- **Water Bottle(s)** — Able to hold at least one liter, more if you are a thirsty hiker.
- **Long Pants** — Lightweight, comfortable, and breathable. Please, no jeans or shorts.
- **Shirt** — Lightweight long-sleeve or t-shirt.
- **Warmer Top Layers** — Lightweight fleece, down jacket or sweater/sweatshirt.
- **Snack** — Sessions are set between Esalen meal times, but you are welcome to pack a snack from the Lodge.
- **Hiking Poles (optional)** — Big Sur trails are rugged, steep, and uneven; we find hiking poles helpful.

What will the weather be like?

Weather changes hourly in Big Sur, often alternating between sunshine and fog. Temperatures could range from the low 40s F to the low 90s F, depending on the time of year. Rain is possible, particularly in winter and spring months. Please check the weather forecast a few days before packing.

Weather Policy & Right to Cancel Sessions

Wilderness sessions run rain or shine as long as we deem conditions fundamentally safe. For this reason, participation requires the ability to be outside in potentially inclement weather and suitable equipment (see packing list above). We reserve the right to cancel sessions at any time due to lack of accessibility or unsafe conditions, such as extreme weather, wildfires, or road, park, or trail closures. If we cancel a session for these reasons, a refund will be given.

Safety

All Wildtender guides are trained in emergency wilderness medicine and carry first aid supplies.

Waiver & Medical Intake Forms

At the start of your session, you will be required to fill out a brief medical intake form and sign a liability waiver from Wildtender (Agreement to Assume All Risks; Release of Liability; Agreement Not to Sue & To Indemnify). If you would like to preview either document, please email info@wildtender.com.

Eligibility Criteria

If you are wondering about your ability to safely participate, please review the specific eligibility criteria below. If you have further questions or concerns, please contact Wildtender by email: info@wildtender.com.

1. Ability to hike and maintain balance on trails with potential hazards, including but not limited to rough, steep, sandy, or muddy terrain, boulders, slippery and uneven surfaces, low creek crossings, ocean surf, loose rocks, and encroaching vegetation.
2. Ability to maintain personal health in variable and inclement weather, including but not limited to heat, sun, rain, wind, and cold.

Unfit or Unprepared

If a Wildtender guide deems you insufficiently prepared or unfit in any way that could be hazardous to you or others at any time during the session, they may cancel the session without a refund. That said, they will do their best to accommodate you and have some flexibility in how they structure the session depending on your fitness and preparation.

Sheena Burnside

Sheena Burnside has had a relationship with the Spirit world since a very young age. Her lifelong interest in the Mystery Schools, Magical Egypt, Atlantis and brilliant cinema such as *The Craft* stoked her desire to know more about hidden worlds. Early intuitive experiences taught her there was more to the world than what we see. Her natural curiosity and innate gift of prophetic dreams, combined with a deep spiritual capacity, put her on a path of healing herself and then using those tools to help others on their own healing journey. In 2012, after beginning her magical training in the Modern Mystery School and completing

her Jikiden Reiki certification thru Japan, she went on in 2013 to become a certified Life Activation Practitioner and Max Meditation teacher, completed her Usui Reiki training in 2016, and became a certified crystal healer in 2021. She is currently training to become a certified herbalist.



With the depth of knowledge and skill present, sessions with Sheena are as unique as the client. You might work to clear early life or past life trauma, communicate with your ancestors, discover energy blocks, or attune with helpful spirits,

crystals, or herbs. You'll leave your session with not only a renewed sense of healing and wellness, but spiritual tools that you'll be able to put into practice right away.

Sheena Burnside

JIKIDEN REIKI & CHAKRA BALANCING

90 minutes / \$275

Meet outside of bookstore

Jikiden Reiki is considered a more powerful, more simple, and yet, deeper style of Reiki. It is authentic Reiki as it was originally taught in 1920s and 30s Japan—pure, simple, and extremely effective. Because of its authenticity to its origin, a Jikiden Reiki practice has no western influence or adaptation. The style of Jikiden means — directly transmitted from the founder of Reiki — Mikao Usui, and his student, Dr Chujiro Hayashi.

In a treatment session, Reiki is used to assist the body's own natural abilities. Reiki has been used to help people who are experiencing a wide range of issues, including stress and anxiety, as well as physical and emotional challenges.

There is an intuitive scan done on the body to locate the area(s) of focus. If the client is wanting / needing chakra rebalancing crystals and oils will be incorporated to elevate the energy of the session. This is a gentle yet very effective healing.

This is a hands-on session.

MAGICAL HEALING RITES WITH CRYSTALS

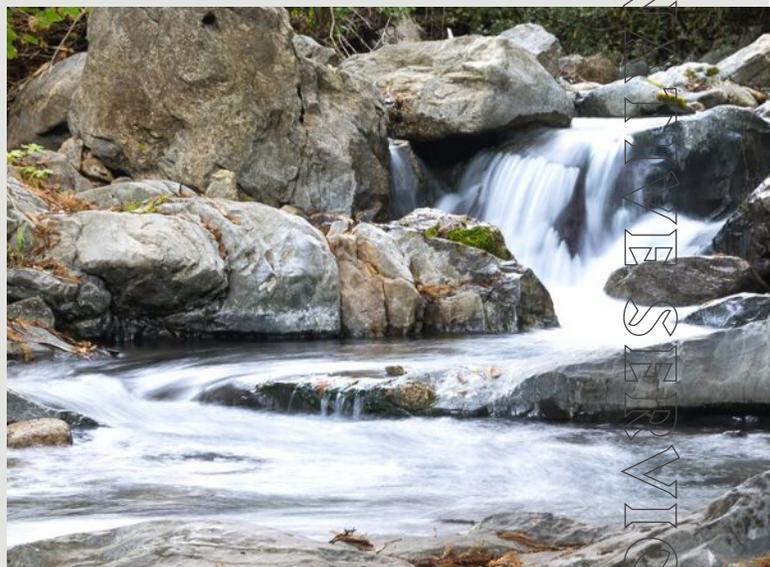
75 minutes / \$230

For one person

The focus of this session is on healing past wounds and heartache. It can also be used to clear a path for manifesting future goals. During this session, you can choose the specific area of focus that you'd like to improve in your life. If it's based on past wounds, you may consider focusing on releasing negative patterns or trauma, and letting go of specific emotions or core issues. You may consider focusing on generating future success in a specific area of your life — creating more abundance, finding a new job, establishing a new relationship, or any other focus that creates good fortune in your life.

Liz Andolong

Liz Andolong is a healing arts practitioner, facilitator, and intuitive educator who believes that every body and everybody possesses the power and the responsibility to heal by simply taking space to slow down, reconnect, and draw inwards. A lifelong student of understanding and exploring the human body and spirit. She shares trauma-informed, body-centered experiences to support folks in practicing the art of rest, while also helping reconnect folks with their innate, intuitive mind-body-spirit connection for authentic living. Her teachings embody an amalgam of studies in awareness practices, energetic healing, somatics and the subtle body, mindful movement, spirituality, anatomy, psychology, restorative practices, meditation, journaling, guided visualization, and intuitive modalities.



A certified E-RYT since 2014 and practicing Reiki Master since 2018, Liz has had the pleasure of studying with a myriad of teachers including: Pete Guinosso, Alex Crow, Linda Thai, Hala Khouri, Resmaa Menakem, and Bessel van der Kolk.

Formerly Esalen's Teacher in Residence, Liz's mission is to invite folks to reconnect with the body's inherent wisdom and healing capabilities, so they can live more comfortably and easefully within their bodies. She is excited to invite every body and everybody to connect with their subtle bodies through body mapping, conscious breath, and presence. Realignment is never as far away as it seems.

Liz Andolong

REALIGNING WITH REIKI

75 minutes / \$230

Available to workshop guests. Meet outside of bookstore.

Reiki is a traditional, gentle, hands-on energy healing that originates from Japan in the 1800s. Directly translating to “universal life force energy,” the energy that is present within us, around us, and is constantly running through us — the practice of reiki is connecting the receiver to source energy, while inviting them to realign with wellness through the release of energetic, physical, mental, and emotional stagnancies.

It is Liz’s genuine belief that every body and everybody is capable of accessing healing within themselves by simply creating space to reconnect to the divinity and source energy within. That when we are connected to that source energy, we are comfortably and easefully inhabiting our bodies. It is when we are disconnected from that source energy that dis-ease is created within the body. It is from that connection to source energy that we can truly begin to connect with our authentic empowerment.

Realignment sessions are co-collaborative containers in which Liz holds space for you to reconnect with your divine self. Through conscious breath, guided visualization, gentle touch, and Reiki, you will co-create the space to attune to your energetic, emotional, and physical bodies to observe what is creating constrictions to the natural flow of source energy.

From the session, Liz’s goal is for you to be able to understand your holistic self a bit more clearly so you can feel confident bringing this healing home with you, through accessible ways to access your breath, body, and attune more clearly to yourself.

The first 60 minutes of the session will be energy work, while the remaining 15 will include a debrief, discussion, and room for any questions. Includes a recorded debrief of the session.



ESALEN

MASSAGE AND HEALING ARTS

55000 Highway 1, Big Sur, CA 93920 US
1-831-667-3000 www.esalen.org
For assistance, email: healingarts@esalen.org

Rev 1/9/23