

# *Eastwind Healing Center Newsletter, Number 10*

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*Iowa's complete complementary and alternative medicine center*

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Welcome to this edition of the Eastwind Healing Center newsletter.

This month, we're taking a bit of space to talk about our [open house on Friday April 11th](#). Over the past month or so, Eastwind Healing Center has undergone a change or two that we'd like to tell you about.

It has been said that April is the cruelest month. But for us, it will be the beginning of a new chapter in our history. It's all very exciting, so keep reading.

We welcome feedback on our newsletter, and would love to hear from you if you have a request for coverage of a topic from a holistic perspective. [So, email us already!](#)

Staff Announcements:

- **There is an open house at Eastwind Healing Center on Friday, April 11th, from 5 - 8 p.m. Come pay us a visit! See our new seminar space! More details [below](#).**

- Several of our staff (Michael, Candida, Jenny, Joseph, Anna, and Courtney) have just completed level-one training in Chi Nei Tsang (Qi massage for the internal organs). This is deep and transformative work which will complement our bodywork and holistic psychology services. Read more about it [here](#).
  - Dr. Betsy Rippentrop recently attended "Treating the Whole Person: Practical Yoga and Mindfulness for Clinicians" in Des Moines. Part of the reason Betsy did this is because she is opening an eclectic yoga space next door to the Healing Center, in the area recently vacated by Eastwind School. This will provide a wonderful synergy to the services the Center offers. Betsy will have and open house for her yoga center later this Spring. We'll keep you up to date on the details.
  - Courtney Jones has left her reception duties to concentrate more on her practice at the Center.
  - Taking Courtney's place is Eastwind's old friend Joe Derderian. Joe is a familiar face to many of our clients and we're thrilled to have him with us again. He's also going to be doing some bodywork at the Center.
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## EHC staff



Eastwind Healing Center began humbly enough, as Santangelo & Maurer, a two-practitioner, mom and pop operation, in 1993. Over the past fifteen years, we've grown to 15 highly trained practitioners, and offer the most complete one-stop complementary and alternative healthcare clinic in the state. The response from the community has been quite gratifying.

We offer over 25 distinct types of services to our clients, as well as a complete line of health-related products. Our practitioners have over 200 years of collective experience in health care. We approach people as unique individuals, and coordinate our services to meet their needs, striving to assist them in their own care.

In a recent development, responding to requests for more information, and in keeping with the educational part of our mission, Eastwind Healing Center is opening a seminar space this month. Our practitioners will use this space for educational programs for the community. We plan to host a wide variety of events, including classes in energy

medicine, Reiki, meditation, mind/body psychotherapy, sound healing, nutrition, and wellness. We even intend to address more esoteric subjects like Tarot for personal growth. Several seminars and workshops have already been scheduled. More information about these offerings will be available at the open house, and a section of our website will be devoted to the seminar schedule soon.

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## Chi Nei Tsang



Chi Nei Tsang is a system of internal qi massage that comes from the Taoist tradition. It was formulated by Master Mantak Chia, using ancient Taoist practices.

One area in which the Taoists excel is the cultivation of vital energy for health and longevity. Chi Nei Tsang practices involve both bodywork and energy exercises to this end. However, the ultimate emphasis is on personal responsibility, so the practitioner teaches the client/student to do specific practices and manipulations to enhance in-session results.

Chi Nei Tsang helps to:

- detoxify the organs, removing stagnant energy that can lead to disease;
- restructure and strengthen the body, by assuring that the organs are in their proper places and functioning optimally;
- release emotions trapped in the organs, freeing up that energy for more productive purposes; and
- assist in personal growth and self-empowerment.

Sessions include actual treatment and instruction. Very simple techniques can be used to promote health and well-being.

While Chi Nei Tsang can be used to assist in the treatment of both acute and chronic conditions, one of its greatest strengths is the teaching aspect. Self-care and self-empowerment are at the core of this healing method. This way, people eventually learn to become their own greatest ally on their healing journey. If you are interested in this work, please contact the Center to set up an appointment with one of our Chi Nei Tsang

practitioners. Seminars will also be offered in techniques such as the Healing Sounds of Chi Nei Tsang. Call, or come to the open house for more information.

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## Eastwind Open House



The pink, starry spot in the picture to the left is the location of Eastwind Healing Center. We have over 3000 square feet of office and seminar space, and we'd love to show it off to you. Join us on Friday, April 11th, from 5 until 8 p.m.

- Tour our facility, including our new seminar space.
- Meet our practitioners and find out what they do.
- Enjoy healthful hors d'oeuvres and beverages.
- Enter drawings for free services.
- View a continuously running slide show about our staff and the Center.

The seminar space has a warm and friendly feel, just like the rest of the Center. A schedule of up-coming seminars will be available. In fact, a Reiki I class is scheduled for Saturday, April 12th, the day after the open house. It begins at 10 a.m. and will be taught by Reiki Master Joseph Mizelle. Be among the first to experience our seminar space!