



January 2007 Newsletter

New Classes, News and Updates

the TARA Approach



TARA's Featured Teacher - Valerie Muroki



Valerie Muroki, Certified TARA Approach teacher and Stephanie Mines, TARA Approach Founder.

The incredible Valerie Muroki has been selected as our FEATURED TEACHER. Valerie was certified as a self-care teacher of the TARA Approach this past summer, and almost immediately thereafter she moved from Maui, Hawaii, her home of many years, to Ashland, Oregon.

Valerie has simultaneously initiated her own presence and the presence of the TARA Approach in Ashland, Oregon with introductory public presentations and self-care courses. The vigor and spirit with which she follows the course of her soul purpose is what characterizes this exceptional human being.

Valerie will be at the Metaphysical Library in Ashland (258 A Street), on February 22nd, from 7-9 PM, giving an introduction to the Sacred Sites of the body and how to listen to energy with heart. \$5.

On March 24-25, Valerie will teach a self-care course in Ashland (\$250), empowering students with the fundamental and life-changing tools of the TARA Approach.

Valerie Muroki is an Advanced TARA Approach practitioner as well as a Certified Self-Care Teacher. She has extensive experience in community service, working with youth, and healing trauma at the deepest level. Her vitality, precise attunement and spiritual focus make her the guide par excellence on the journey to manifesting

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entelechy.

To register for Valerie's programs or for more information, contact her at 541-488-5071 or val.muroki@gmail.com.

American Association of Pre and Perinatal Health International Congress

February 21-26, 2007 ~ Los Angeles, California ~ February 23rd ~ 3:15 PM ~ "Advocating for the Environment: Providing Sanctuary for our Children: A PUNAHELE (Special One)"

Presentation by Stephanie Mines and Robert Yuhnke on environmental threats to the children of the future and what we can do to protect, prevent and treat the impacts of endocrine disruptors. **To register, go to www.birthpsychology.com.**

Healing Principals: Integrating Physical and Energy Medicine Paradigms

Facilitated by: Stephanie Mines, Ph.D. & Edward Stiles, D.O.
Date: March 16th through 18th
Location: Mercy Hospital in Oklahoma City , Oklahoma
Cost: \$275

Join Stephanie Mines, Ph.D. and Ed Stiles, DO, as they steer healthcare professionals and laypeople alike in the integration of language, subtle touch, and manual therapy to resolve trauma of all kinds. **This first of its kind program empowers all participants to relieve allostatic load (shock) and find the natural symmetry of the nervous system.**

Physical therapists, psychotherapists, osteopaths, parents, educators, physicians, dentists, massage therapists and anyone committed to transformative health are welcome to this celebration of human potential. You will find increased health, growth, a marvelous resiliency and inspiration for healing yourself and others at this astounding collaboration in the heartland of America.

Participants will acquire language skills, hands-on treatment skills, and the capacity to understand the exquisite art of unwinding, or healing trauma one layer at a time, no matter what intervention is employed.

[Certification](#)
[Class Descriptions](#)

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To register and for additional information, including CEU's, contact Steve Maly at smaly@ok.mercy.net or by phoning 405-752-3700.

Dr. Mines will remain in Oklahoma through the end of March to create a pediatrics program, serve the community and help develop Veterans' Families United, a nonprofit organization designed to provide treatment alternatives for veterans returning from Iraq and Afghanistan , and their families. For more information about VFU, contact Cynde Collins-Clark at clarkcounsel@cox.net or by calling 405-474-3467.

The Natural Symmetry of the Nervous System

Facilitated by: Stephanie Mines, Ph.D.

Date: April 21st and 22nd

Location: Providence, Rhode Island

Cost: \$250

Stephanie Mines, Ph.D., TARA Approach founder, facilitates the awakening of potent skills to see, feel and read energy and to intervene effectively to end the lineage of traumatic repetition and intergenerational violence. This course is open to both beginning and continuing students of the TARA Approach. **To register contact the Dom Project at 1-800-493-6117 or Domproject@tara-approach.org.**

The Prenatal Origins of Health

Facilitated by: Stephanie Mines, Ph.D.

Date: May 12th and 13th

Location: Hawi, Hawaii

Cost: \$225

Learn how the embryological process evolves in partnership with relational and environmental influences to form the basis of individual health. Even more significantly, learn how to use practical and effective tools to repattern physical, emotional and spiritual dysfunction resulting from early trauma. Highly experiential and rich with scientific data, this course will change the way you see and feel about yourself, your family, and your community. Open to parents, healthcare providers, massage therapists, psychologists and psychotherapists, educators and all those who work in community service. To register and for additional

information contact Kachina Nishida at 808-884-5912 or kachinamoon@hawaiiantel.net. CEU's are available but must be requested in advance. You may also contact the Tara Approach business office at 1-800-493-6117 or Domproject@tara-approach.org.

Dr. Mines will further serve the community of the Big Island of Hawaii in May by facilitating staff training that focuses on tools for early intervention and the resolution of trauma for Family Support Services of West Hawaii.

The Sacred Sites of the Body Oracle Workshop

A new workshop that unveils the miraculous insights and guidance of the Sacred Sites card deck and workbook will be presented for the first time at Breathe Books in Baltimore, Maryland. Stay tuned to the TARA Approach website (www.Tara-Approach.org) for specifics or call 1-800-492-6117. **Dates will be announced shortly.**

Pediatric Applications of the TARA Approach

Facilitated by: Stephanie Mines, Ph.D.
Date: October 5th through 7th
Location: Oklahoma City, Oklahoma
Cost: \$325

Learn how to support and sustain attunement, attachment and bonding in babies, children and adolescents. Participants will acquire subtle energy medicine applications to treat ADD, ADHD and other special needs. Special attention will be given to resolving prenatal and birth trauma using thoroughly non-cathartic interventions. Storytelling skills for healing trauma, awakening attunement, differentiating past from present, and increasing the capacity to rest, contain and focus will be taught and practiced. **This course is open to parents, educators, physical therapists, social workers, occupational therapists, speech therapists, psychologists and all those committed to the health and wellbeing of children.**

To register contact the Dom Project at 1-800-493-6117 or Domproject@tara-approach.org.

Ongoing TARA Approach Services

Book Coaching from Stephanie Mines ~ Get the guidance you need to initiate and sustain your creative passion. Manifest the book you have been talking about writing! **Contact Stephanie Mines directly at tara-approach@prodigy.net or by phoning 303-499-9990.**

Distance Learning Units

Introductory, Module One, Module Two and Advanced Distant Learning Units are all now available. Call 1-800-493-6117 or contact the Dom Project at Domproject@tara-approach.org to register and receive your Distant Learning Unit immediately. **All Distant Learning Units include personal mentorship with Dr. Mines, TARA Approach founder.**

