

# The TARA Approach Newsletter

## New Spring Classes!

March/2007

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Look for the upcoming articles "The Dance of Love: The Unraveling Principle in Bodywork" Part One and part Two, beginning with the June/July issue of Massage and Bodywork Magazine. These articles describe the interface between manual therapy and the TARA Approach.

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### Dear TARA Approach Community,

Welcome to the new Dom Project Newsletter! We have some new and wonderful classes coming up this spring, take a look!



### Self Care Workshop

#### Taught by Renee Sutton

Class Location: Front Range Community College, Westminster Campus, 3645 W. 112 Ave, Westminster, Colorado

Date: Saturday and Sunday,

April 28 and 29, 2007

Renee Sutton, Certified TARA Approach Self-Care Teacher, guides you in an experiential and deeply empowering introduction to the TARA Approach. Renee brings to the class over sixteen years of personal and professional experience in energy healing and has been educating adults since 1983.

Find the rhythms of balance and harmony through the application of your own touch! Each participant in Renee's classes gains an individualized treatment protocol using Jin Shin TARA. This includes knowing how to promote ongoing regeneration and being able to help themselves and others in stressful situations. See [www.healthierhealing.com](http://www.healthierhealing.com) for the class objectives. 18 Continuing Education hours are available for nurses and massage therapists, but must be requested in advance. Register course #WLNS1076-001 .

No pre-requisites.

If you aren't sure whether to attend, check out the Friday, April 27th seminar from 6-8pm where she will give a two-hour introduction to TARA Approach. For the introduction: Register course #WLNS1075-001 called "**Resolve Root Causes to Stress**" for a cost of \$20.

2-Day Weekend Workshop Course fee: \$265 includes manual and \$125 for students repeating the course; \$25 additional fee for CE certificate.

**Register by contacting Front Range Community College at 303-404-5465.**

See class online at <http://wcicpd.frontrange.edu/continuingEd/index.cfm?termValue=07S&deptProgID=371&campusID=0>

If you have any questions about the class, call Renee Sutton at 303-817-1490.

The Natural Symmetry of the Nervous System ~  
Assessment and Treatment of Responses to  
Overwhelming Experience

April 21st and 22th Providence, Rhode Island Cost:\$250

**Stephanie Mines returns to Rhode Island to deepen the skills of healthcare providers to assess and treat trauma.** Combining the best of Western and Eastern paradigms, Dr. Mines awakens the skills to see and feel energy, read the body, and intervene efficiently to end the lineage of traumatic repetition and violence.

Participants will:

- \* Assess sympathetic and parasympathetic dominance;
- \* Stimulate nervous system balance;
- \* Learn to successfully and easily interrupt habituated and conditioned reactive behavior;
- \* Read energy through pulse;
- \* Decipher the body's messages communicated through symptoms and sensations;
- \*Attune accurately with presence and language.

Energy medicine treatment designs will be provided in course texts as well as in demonstrations. Participants will acquire substantial resources for their service to others, as well as having the opportunity to address personal transformation in practice sessions with each other.

This course is appropriate for psychologists, physical therapists, physicians, nurses, social workers, massage therapists, or anyone interested in the principles of healing.

Dr. Mines will be available for a limited number of individual consultations in Rhode Island. Please arrange these through the Dom Project.

CEU'S and contact hours are available. Please request these in advance. Each certificate requires a prepaid \$25 fee payable to the Dom Project.

Register online, email us at [domproject@tara-approach.org](mailto:domproject@tara-approach.org) or call 303-499-5427 or 1-800-493-6117. Early registration is recommended.

Prenatal Origins of Health, Pediatric Treatment, and  
Neuroendocrinology

May 12th and 13th  
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](mailto:kachinamoon@hawaiiantel.net). You can also register through the Dom Project, call 303-499-5427 or 800-493-6117 or email [domproject@tara-approach.org](mailto:domproject@tara-approach.org). CEU's are available but must be requested in advance.

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](mailto:tara-approach@prodigy.net) or by phoning 303-499-9990.**

#### The TARA Approach - Healing Shock and Trauma

The TARA Approach is taught in hospitals, universities, social service agencies, domestic violence shelters, at midwifery schools, and wherever there is a need and an organizational structure to support its delivery. The TARA Studio in Eldorado Springs, Colorado, has been home base since the program's inception in 1995. Small groups meet there for highly personalized mentorship and study with Dr. Mines. TARA Approach programs are currently ongoing in Colorado, Hawaii, Washington, Oklahoma and Mexico, and rapidly spreading throughout the US and abroad. If you would like to find out how the TARA Approach could benefit you or your organization, please call us at 800-493-6117, or send us an email: [domproject@tara-approach.org](mailto:domproject@tara-approach.org)

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