



RETURNING CURRENT

THE ITEA NEWSLETTER

April 2011

Editors Sarah Indyk and Beck Shatles

Do Something Different™

Institute of Taoist Education & Acupuncture Inc

Harvesting the Fruit of Our Practice by Giving Back

by Jonathan Major, Class of 2009

The Four Mile Fire took over the foothills west of Boulder in early September 2010. In the end, the fire claimed 169 structures and burned 6,200 acres, becoming Colorado's most destructive wildfire in terms of property loss. This is one alum's account of how he set out to make a difference.

I arrived home from a weekend away to hear news of the Four Mile Fire. That evening I went to a yoga class. The teacher led us through a movement meditation focusing on listening to our hearts in this time of trauma and disaster. In that moment an idea came alive. I announced to the class that I was organizing a group to provide acupuncture for anyone affected by the fire. I wanted to help both the individuals fighting the fire and those displaced by it. My inspiration spawned from the sense that our community's health was at risk and that the tension of people around me was building in the face of nature's power.

That night I started to contact fellow acupuncturists and massage therapists. I sent emails out to the Acupuncture Association of Colorado (AAC), Acupuncture Without Borders (AWB), and to The Institute of Taoist Education and Acupuncture (ITEA) requesting help. People started to contact me volunteering their time and supplies as well as offering cash donations. The response was explosive. Within 24 hours I had received the necessary financial support and over 3,000 needles and basic supplies.

Determining where to set up the clinic was a bit of a challenge at first. Offers to set up a clinic at the reservoir where the firefighters were stationed or at the YMCA where the Red Cross was headquartered were declined. Then I received a call from Boulder acupuncturist, Nadya Wiziri. She offered to help me find a location and organize to move forward. We finally received permission to set up on a Boulder County property adjacent to the YMCA.

The following day, Nadya and I set up our tent and were met by Valerie Hobbs, the Dean of South West Acupuncture College (SWAC). She arrived with chairs, a

table, and supplies. We invited volunteers and refugees to come to the clinic for free acupuncture. Our intention was to help relieve some of the stress and trauma incurred by the fire. By the end of the 1st day we treated thirty-five people. Everyone was very grateful and we started to get some press about what we were doing.

By the fourth day of the fire the larger relief efforts were beginning to wind down and we closed the clinic. In the four days the clinic was in operation we'd treated over 70 people. Twenty volunteers donated their time and supplies and numerous others offered financial support. I feel the clinic played a role in supporting many individuals affected by the fires. As a group we were able to introduce the idea of community style acupuncture and its effectiveness in helping people integrate their traumatic experiences. We also offered an opportunity for acupuncturists from different schools and trainings to come together and work with the community.

Our long-term intentions are to create a team of people to assist in situations like the Four Mile fire. We would like to have all supplies ready and volunteers in place. Nadya and I are driven to find ways of collaborating with the Red Cross, the fire department and other relief workers to collaborate as a team from the get go, rather than scrambling during a crisis to get a clinic set up. Ultimately, the success of any kind of relief effort relies on community support and action.



Outside In: The Art of Connection through Nature Walks for Five-Element Acupuncturists

by Lisa Ostermiller, L.Ac. Class of '06

Taking a stroll outside is one of the most healing things we can do for ourselves. It connects us to nature and to the cycle of energy that flows through us and through all things on Earth. Worsley Five-Element Acupuncture is based on these rhythms of nature. "Nature Walks" are part of the curriculum at ITEA. The author hopes this article will inspire you to take more walks out-of-doors and observe the wonderful world of nature that surrounds you!

"Ring" "Ring" "Ring"

"Hello?"

"Hi! Mother Nature calling, I just wanted to invite you to go for a walk with me."

"Uh... ok, when?"

"How about now? Dress for the weather and bring paper and pencil. We may discover something noteworthy... Oh, and leave your cell phone behind!"

"Where should I meet you?"

"Why - right outside your door!"

When was the last time you were left speechless by nature? If this isn't a daily occurrence for you, ask yourself why?

No matter who we are or where we live, the nature walk is available to us as a tool to bring us closer to our medicine. By using all of our senses while on a walk outdoors, we can become more aware of the correspondences of the elements.

For example: as you step out your door, close your eyes and take a deep breath. How does the air feel on your face? Cold, warm, damp, dry? Does it have a smell you can identify? There is so much information available before you even take the first step!

Now open your eyes and begin to walk slowly. How does the Earth feel beneath your feet? Hard, soft, slippery, crisp? Listen closely. Is there wind? Do the sounds travel with crisp edges or are they muffled with moisture? Each step gives you another chance to bring the sensation of Mother Nature into your body from the ground up.

If you take the same walk day after day, you may begin to notice the changes in the landscape throughout the seasons. This will help you identify the changes taking place inside of you and your patients. By bringing this experience into the treatment room it may be clearer which season's associations resonates more with a particular client.

The landscape may also reveal special places and correspond to points. For example, on the top of a hill you might envision a "Great Mound" and review the significance of that point. How does this moment feel compared to when you find yourself in a valley? How does what you are seeing, hearing and feeling relate to the use of the point "Sinking Valley"?

We are so busy 'doing' that just 'being' becomes a challenge. Perhaps by practicing being more in the moment while on a nature walk, we can be more present with our patients. Finding a quiet mind in the treatment room is paramount to picking up the subtle cues from clients that allow you to ask good questions and plan an appropriate treatment.

As you begin to sense the world through your eyes, do so slowly. Pick one thing and focus on it fully, a blooming tree, for example. As you gaze at its beauty and bring in the wonder of its existence, let it speak to you for once rather than rushing to explain it. Let the experience just be. Maybe there are no words just yet. That's ok. The mystery of it all may just leave you - speechless!

New Classes for Prospective Clients

by Hilary Skellon

In June of 2010 the Institute of Taoist Education and Acupuncture began a new approach to client education by holding mandatory half hour classes for all prospective clients before they began treatment. Classes are held every Tuesday evening, and are taught by clinical students. The content of the talk is the same for each class ensuring that every person is given the same information.

ITEA realized that a large part of our work with clients is in educating them about the way Worsley Five-Element Acupuncture works and their part in creating and maintaining good health. Many people are familiar with acupuncture now and many people are not aware of the different styles. In the classes students explain how WF-EA works, what to expect from treatment, and answer general questions. Students also talk about how treatment is a partnership, in that it asks for the client to be responsible for their own health and as such, certain changes in lifestyle may be needed in order to support treatment. As a result, clients are fully on board and committed when they decide to come for treatment.

We are pleased to see how this additional education benefits the client, and our data shows the client retention rate is higher since the classes were introduced. Another excellent aspect of the classes is that they are a great opportunity for students to practice their public speaking!

Binding Path Bookstore

Check out our books for sale – call 720-890-8922.

Doren Day's soft cover book, "Let it Flow", is available for \$5, and has just been updated and beautified. The book describes how acupuncture and fluid intake are vital for one's health. Have copies available at your office or sell them to your clients!

First Aid Kits with a list of first aid points and their locations, needles, gauze – all you would need for any occasion. \$20.

President's Corner

by Sandra Lillie

The Winter of 2010 – 2011 at ITEA has been one of taking stock and illuminating possibilities for the future from the 'stock' taken.

ITEA's enrollment has remained steady during the economic downturn, possibly reflecting that our college becomes a haven for people who would rather work for themselves, do what they love, and help people – all at the same time.

The quality of education at ITEA is excellent, and Hilary Skellon, our Director, continues to make improvements to the delivery of the program. We have added a volunteer component to our curriculum, and our students help organizations focusing on nature and the environment. Many new faces have volunteered for teaching positions at the college, and are actively training with Hilary. We have recently expanded our program with another track for obtaining our Master of Acupuncture in Classical Five-Element Acupuncture degree. Check our website www.itea.edu.

Our registrar, Claudia O'Neill, and Allie Dodge, a graduate of ITEA, have initiated an excellent program for educating the counselors of area colleges about who we are and what we do. They have also created a program which raises ITEA's participation in college job fairs in the area. Three of the students in the first year of classes are here because of our participation!

We have created a You Tube video – our first – and it was a great learning experience, paving the way for many more videos to come. The video was physically created by Melissa Farran and Kate Sciolino as their senior project. Go to You Tube and search for "Classical Five-Element Acupuncture and ITEA" to take a look. Let us know what you think!

ITEA's idea of including membership in the Acupuncture Association of Colorado for all our students has been so exciting that the idea has been taken to the two other colleges in the area. From that, our students will be learning what goes on professionally after graduation, and how to be involved. And, to show by example, I have become the Secretary of that association, in order to represent acupuncture in a way that includes all types of acupuncture disciplines.

We are a community center for education in things involving "qi". We offer acupuncture to Veterans as a site of Acupuncturists Without Borders. We offer talks on each of the seasons, and now offer an introductory class for each new client. Our clinical students create and email a seasonal newsletter to our clients and interested friends.

With your help, ITEA continues to do this meaningful work. Thank you all! Sandra Lillie

Would you like to write an article for the next issue of the ITEA newsletter? We're looking for stories and we'd love to hear from you. Email us with your ideas. Thanks, Sarah Indyk and Beck Shatles
sarahindyk@gmail.com or rshatles@hotmail.com

Alumni Updates

Class of '03

Heath Whitney

I moved to County Lane, Oregonshire, USA near Eugene in July 2010. I finally got my Oregon license to practice Acupuncture in December after submitting the application in August. I'm currently working in a Detox clinic in Eugene doing NADA etc. I keep busy working in a Memory care unit but I can't remember the name! Oregon is lush and wet and the ocean cold and windy. I hope to do more and more acupuncture and I am even looking into the Community Acupuncture Network that is abundant out here. Grace and blessings to all in the CFEA community!

Class of '04

Barbara Weinberg

This year, my husband, Paul, and I have immigrated to Canada, specifically Cape Breton Island, Nova Scotia where we own and operate a wilderness resort called Cabot Shores (www.cabotshores.com). Since arriving last April, I have established a Healing Arts program at Cabot Shores that includes Qi Gong, meditation, and Acupuncture. These Healing Arts are available to any of our guests, to our staff, interns and woofers, and to the local community as well. We are very exposed to the elements here, especially in winter. We had three terrific wind/rain storms in December that, particularly during the full moon, caused increased ocean as well as river flooding right on our land. It was scary! I found that I needed to be willing to allow the energy of the howling winds and the steadily increasing tide to move through me rather than resist them – a truly cellular experience of the Water Element. This island is a place where one can experience the elements any time of year and in almost any place. Come visit us. We have a lodge, chalets, a campground, a tipi and a yurt. It's far away, but that's the point!

Beth Kearns

My boyfriend and I are looking to move our home and practices (his naturopathic) to the Boulder area this April! We both love the area and we'll be closer to his family. I'm looking forward to being closer to the school to be more involved. Every time I'm there, I feel more inspired as I'm reminded of so many reasons I practice this medicine and deepen my understanding. As far as my acupuncture practice goes, I'm looking for a collaborative group to join in the Boulder/Louisville area. Please keep your ears open for me! My email is elizabethk@mail.com.

Class of '09

Jonathan Major

I continue to treat patients from my home clinic as well as at the Mandala Integrative Clinic in Boulder, CO. Along with my partner I plan to relocate to Southern Oregon by the end of summer to continue our journey together. I plan to enrich my practice by deepening my understanding of herbology and wildcrafting medicines from the land around me.

A Conversation with New Faculty

by Sarah Indyk, Class of '08

ITEA is excited to welcome three alumni as new teachers: Doren Day, Laurel Miller and Allie Dodge. Laurel and Doren are teaching first year point location and Doren is also training as a clinical supervisor. Allie is training to teach first year point location.

How did you decide to teach Classical Five-Element Acupuncture?

Doren: Even when I was a student at ITEA, I imagined/hoped that I would teach someday.

Allie: Being a teacher has always been something I have wanted to do. My mom is an early childhood education specialist and she has probably been one of the biggest inspirations for my interest in education. I have also had several very special teachers in my life who encouraged self-growth and awareness, made learning fun, and motivated me to want to keep learning more. It is my hope that I can have the same impact on students at ITEA as these teachers did on me.

Laurel: For me, it was a leap, much like starting acupuncture school. I did the basic teacher training with Judy in 2005. I have long found my hand in teaching, be it teaching Spanish to 3rd graders or Plant Spirit Medicine at Seven Bowls School of Nutrition. I just went for it, with trepidation and curiosity.

What has teaching at ITEA been like so far?

Doren: Making a connection with the students is wonderful. Our students are so earnest and dedicated to learning this medicine. They also each bring so much with them to the process. It is a joy and an honor to be part of someone's education in Five Element Acupuncture. Teaching continually reminds me of the inspiration and integrity behind this work.

Laurel: Great, in one word. It has been a true pleasure. At the end of the day, I leave feeling invigorated. It is a very dynamic seat to hold. I can relate to being a first year student like it was yesterday and hold space for that excitement and exhaustion. I am building my endurance and capacity to grow with them in our mutual learning.

What is teacher training like?

Allie: Teacher training is an incredible opportunity to be back in the classroom listening to Hilary's lectures on the elements and officials. I have also been fortunate to observe and assist both Doren and Laurel teaching point location to first year students. It has brought back many memories from my first year at ITEA... new friendships, the excitement, the frustrations, the hunger for more information, personal transformation, etc. It has also been a chance for me to improve my skills as a practitioner and to make the shift into becoming a teacher of this medicine.

Tell us about an interesting moment in the classroom.

Laurel: Well, I tend to recall things by the way it felt rather than recalling the details. We did a listening exercise, which there was some question about: why are we doing this, what's the point, those sort of apprehensions. After we did the exercise and were discussing it, I saw the lights go on and there seemed to be a moment of collective understanding. The energy in the room changed and it was noticeable and quite special for me to experience.

What are you looking forward to about teaching at ITEA?

Allie: I am looking forward to seeing students being awakened by the transformative and powerful teachings found within Five-Element Acupuncture.

Get in the Spirit Heavenly Pillar – III.10

by Hilary Skellon

A pillar denotes a huge support on every level. The Chinese envisaged this pillar as holding up the sky above the earth, allowing inspiration and life from the heavens to flow forth to man. Heavenly Pillar supports the spirit, giving strength, endurance and uprightness.

From this place of uprightness man's perspective to see more clearly aids in opening the resources of the bladder official, to cleanse away impurities that may get in the way of man following his true path.

This point also brings courage and the energy to move forward with purpose. The location of this point is also significant. It is at the point where the head's weight is supported by the neck, therefore anatomically much strength, agility and endurance is needed.

As a Window of the Sky point, Heavenly Pillar lets in freshness and bright light, illuminating the deep reserves of this official.



Heavenly Pillar

2010 Donors – A Big Thank You!

To \$99

Mary Able
Robert Abramson, DDS, MD
Big F Restaurant Group
Betty and Dale Bishop
Bittersweet Café and Confections
Bob's Sandwich Shop
Sarah Brooks
Pamela Brown
George and Kathy Burson
Café de Paris
Howie and Dottie Chamberlain
Jane Cohen
Laura Coleman
Colorado Hair
Jim Damman
Richard and Anne Daubney
Doren Day
Euza de Freitas
Leah and David Edwards
Elite Brands of Colorado, Inc.
Brian Filkowski
Jan Foster-Miiller
Cathie Gantenbein
Mary Ann Hagen
Kyla Hammond
Ellen Hatch
Dan Hayward
Gary and Judy Hill
Hole in One Bagels and Deli
Carla Holst
David Huff
Aaron Hyman
Mike and Florence Jones
King Soopers
Deb Kreuger
Melisa Lara
Fern Martin
James McConnell
Laurel Miller
Cindi and Mike Newman
Nia Soulsweat, Planet Motion, Belly Dancing
Mona Lisa Olive
Hugh O'Neill
Pasquini's Pizza
Peach Valley CSA Farm
Barbara Reese
Morgan Rivers
Brian Luke Seward
Hilary Skellon
Franca Smith
John and Stephanie Sommers
Thai Yoga Massage
Linda Vannostrand
H. Joyce Webb
Janet Wiggins



\$100 - \$249

Adoption Choices of Colorado
Lisa Duncan
Wendy Fickbohm
Steve Flores
Sarah Indyk
Donna Kirby
Claudia O'Neill
Timalyn O'Neill
Nancy Robertson
Rose Community Foundation
Kerry Shafran
Angela Smith
Tibets Restaurant
Terry Treece
Weecycle Environmental Consult
Joe White

\$250 - \$499

Allison Dodge
May and Tony Dow
June Konopka
Cheryl McCarthy
Mary Ellen Metke
Cameron Mummery

\$500 - \$999

Boulder Furniture Arts
Lowell and Diane Dodge
Lakeshore Athletic Club

\$1000 - \$4999

Mary Ellen Klee
Julia Moore

\$5000 - \$9999

Hilary Skellon

\$10000 and Over

Sandra Lillie

Continuing Education at ITEA

325 W. South Boulder Road, Louisville, Colorado 80027

ONGOING OPPORTUNITY FOR CLINICAL OBSERVATION AT THE ITEA CLINIC – PDAs/CEUs AVAILABLE FOR CF-EA PRACTITIONERS TO REFRESH DIAGNOSTIC AND RAPPORT SKILLS

This is a unique opportunity created by ITEA for those practitioners wanting a deeper involvement with a single client on a deeper level. It is for those who want to learn more regularly than the occasional seminar. It is for those who want to learn a little at a time. It is for those who need an opportunity for learning available when circumstances permit. Do as little or as much as you wish, during ITEA clinic hours.

To book, or for more information: email Claudia O'Neill at registrar@itea.edu, or call her at (720) 890-8922

PDAs/CEUs and COST: Equal to the number of hours spent observing, issued once each month. Cost \$10 per hour observed.

May 7-8, Saturday – Sunday, 9:00 AM-12:30 PM and 2:00 PM - 5:00 PM, Registration Saturday at 8:30 AM

CLINICIAN AND PRACTITIONER SEMINAR, Sponsored by ITEA

Dr. Judy Worsley at ITEA

Judy's wisdom ranges from transformation on a personal and practitioner level to transformation of our clients through all aspects of CF-EA treatment. Judy will help attendees be more authentic in their interactions with clients, and thus more effective in diagnosis and treatment. She will take time to instruct participants individually if requested. Judy creates a caring and a safe place to learn and grow – a place where this transformation can happen. Learn from the best! Clients will be seen during this seminar. Reserve a client space by contacting registrar@itea.edu or calling Claudia at 720-890-8922. Stay for wine and goodies after the seminar and renew old friendships.

PDAs/CEUs and Cost: 12 PDAs/CEUs. \$340 (\$300 before April 8, 2010), with reduced rates for ITEA alumni, faculty and 4th year students.

May 11-12, Tuesday – Wednesday, 8:30 AM – 5:30PM

CLIENT CONSULTATIONS

Dr. Judy Worsley at ITEA

Judy holds consults of clients in the US and Europe, and ITEA is pleased to have her wisdom for two full days. For each client seen, she will give a diagnosis, treatment and three future treatments. This is an opportunity for feedback with your clients. You will be mailed the protocol for client consults after booking the client. Five Element practitioners may observe consultations. To reserve a space for your client, or for more information email registrar@itea.edu or call Claudia at (720) 890-8922. **Cost per Client:** \$350. **Cost per Observer:** \$150 per day

May 27-28, Friday – Saturday, 9:00 AM - 6:00 PM

NUTRITION FOR CLIENTS

June Konopka, M.A. at ITEA

June teaches this engaging class through lecture, discussion, and cooking wonderful food! Find out how to help your clients make the dietary changes they need while cooking with tasty and filling foods! This class gets rave reviews each time it is presented. All are welcome. To register or for more information email registrar@itea.edu or call (720) 890-8922.

Cost: \$325 to audit, \$415 for ITEA credits

Starting June 16, Thursday – Sundays, Third Weekend each Month, all days 9:00 AM until 6:00 PM

MASTER OF ACUPUNCTURE IN CLASSICAL FIVE-ELEMENT ACUPUNCTURE PROGRAM FOR HEALTHCARE PRACTITIONERS

Hilary Skellon and selected ITEA Faculty at ITEA

If you are a healthcare practitioner wanting to work with people from the standpoint of prevention, and/or heal in a more natural way, consider this program. If you are an acupuncturist and would like to practice this well-known acupuncture style promoted by Professor J. R. Worsley, this course is for you. Classical Five-Element Acupuncture gives a deep perspective, teaches the intricacies of the emotional and spiritual web affecting our health, and will broaden treatment skills and clinical insight profoundly. Please contact the registrar to begin your application now! registrar@itea.edu, or call Claudia at 720-890-8922.

28 CEUs/PDAs given for each weekend. **Cost:** \$550/weekend

July 8, Friday, 9:00 AM – 1:00 PM

FREE WORKSHOP FOR ITEA ALUMNI

Hilary Skellon at ITEA

Another excellent morning of free training in CF-EA for our exceptional ITEA alumni! Requested topics will be covered. Stay tuned for more details! To register or for more information email registrar@itea.edu or call Claudia at (720) 890-8922.

November 8-11, Tuesday – Friday Mornings, 9:00 AM – 1:00 PM

CHINESE HISTORY AND PHILOSOPHY

Elisabeth Rochat de la Vallee at ITEA

Elisabeth will lecture on the Vital Circulations and their Organization during the first two days of her lectures. On the second two days, she will speak on Bodily Fluids, Blood, Blood and Qi, Meridians, Luo, and the Extra Meridians. Elisabeth, scholar of Chinese history and philosophy for 25 years, has been primary lecture and General Secretary of the Ricci Institute, senior lecturer for the European College of Acupuncture, and holds degrees in Philosophy and the Classics, and Chinese Studies. She is co-author of many exquisite books on Chinese philosophy. Elisabeth enlightens students through explanation of the meanings

of Chinese characters, and their evolution through history. To register or for more information email registrar@itea.edu or call Claudia at (720) 890-8922. Cost: \$240 for all 4 mornings, or \$65 per individual morning.

December 9, Friday, 9:00 AM – 5:00 PM

ITEA ETHICS CLASS – FULFILLING YOUR NCCAOM RECERTIFICATION REQUIREMENT

Hilary Skellon at ITEA

Do you have questions regarding ethical issues in your practice? What are some of the kinds of situations you may have to deal with? In this class we will role play and have FUN while we learn! Attend this class and fulfill the recertification requirement for NCCAOM, too. 7CEUs/PDAs. Register at registrar@itea.edu, or call Claudia at (720) 890-8922. **Cost:** \$120

EVENTS

ONGOING ANYTIME

SCHEDULE A VISIT TO ITEA - FOR PROSPECTIVE STUDENTS

NEXT TRADITIONAL TRACK INTAKE BEGINS SEPTEMBER 13, 2011!

Discover what the Institute of Taoist Education and Acupuncture has to offer. Discover what to expect as a future practitioner of Classical Five-Element acupuncture. Discover how this form of acupuncture, based on nature and its laws, can heal and return the world to balance, one person at a time. Speak with ITEA's Registrar, its students and faculty, and tour the campus. Call Claudia at (720) 890-8922 to set up your visit.

ONGOING on Monday Evenings, 6:00 – 7:00 PM

YANG STYLE TAIJI (Tai Chi) CLASS

Mary Ellen Metke at ITEA

All levels of Taiji expertise are welcome in this meditating and healing form of exercise. Practice of the Yang Short Form creates physical, mental and psychological core strength. Mary Ellen Metke has taught this popular and widely practiced Taiji for over 30 years. **Cost:** \$10 per class hour, 8 class punch card for \$72. RSVP Mary Ellen at 303-442-2545.

ONGOING on Wednesday Evenings, 6:00 – 8:00 PM

FREE VETERANS' ACUPUNCTURE CLINIC

Veterans' Clinic at ITEA

This free clinic serves veterans of all wars, and others in their household. The clinic is associated with the Military Stress Recovery Project of Acupuncturists Without Borders. Past participants have experienced benefits such as a full night's sleep for the first time in years. They have also reported improved clarity, less anxiety and a reduction in stress. **Cost:** Free. RSVP ITEA Clinic at 720-890-1577.

ONGOING on Tuesday Evenings, 6:15 – 6:45 PM

FREE INFORMATION SESSIONS ABOUT CLASSICAL FIVE-ELEMENT ACUPUNCTURE at ITEA

Classical Five-Element expectations and protocols are explained by a member of ITEA's Student Clinic. For prospective clients. **Cost:** Free. RSVP ITEA Clinic at 720-890-1577.

April 6, Wednesday, 7:00 – 8:00 PM

SPRING AND THE WOOD ELEMENT – A FREE PRESENTATION AT ITEA BY ITS CLINICAL STUDENTS

This community service presentation is one of a series of five held free to the public by clinical level students at ITEA. Spring is the time of beginning a new cycle of growth, both in nature and in ourselves. Have you ever wondered at the energy contained in a blade of grass as it pushes itself through asphalt in a road? Have you ever wondered at the enormous variations in the green colors of plants at this time of year? Come explore the cycles of nature and specifically the season of spring. A time for questions will follow the talk. No registration necessary.

May 7, Saturday Evening after the Seminar until 8:30 PM

WINE AND GOODIES AT ITEA FOR WORSLEY SEMINAR PARTICIPANTS

Come join us at ITEA for a great party! Renew old friendships and meet new friends. Relax after the seminar and listen to good music, taste good wines and cheeses. To register or for more information email Angela at finance@itea.edu or call (720) 890-8922.

June 8, August 24, October 5, Wednesday, 7:00 – 8:00 PM

SUMMER, LATE SUMMER and AUTUMN ELEMENTS – COMING FREE SEASONAL PRESENTATIONS at ITEA

These community service presentations are three more of a series of five held free to the public by clinical level students at ITEA. We are part of nature, and we forget this from time to time. ITEA's Clinical Students will discuss how you can enhance your experience of each of these seasons by being in tune with nature's cycles. No registration necessary.

