

# Emotional Wellness: Letting Go

**January 26, 2010**

*Awaken the body and mind to the natural rhythms of life that support, heal and connect us to others. Transform difficult emotions into positive and healing emotions.*



**Meg Jordan, PhD, RN - Moderator**

Medical anthropologist, behavioral health specialist, author and national presenter. She is Department Chair and Professor of Integrative Health Studies at the California Institute of Integral Studies where she directs the Masters program in Integrative Health Studies.



**Nirinjan Bikko Yee**

Somatic Therapist, Massage Therapist, and Movement Therapist with a background in yoga, meditation and the expressive arts. She is a certified trainer in the Gyrotonic Expansion System®, and a certified practitioner of Craniosacral Therapy, Middendorf Breathwork, Acupressure, and Lomi Somatic Work. Nirinjan has developed somatic education and movement therapy programs for mental health centers.



**Wes Rocki, MD, PhD, MIM, CHt, CMT**

Practices a wide spectrum of the therapies from the complementary healing arts. He evolved in that area after 25 years of conventional medical practice in OB/GYN and internal medicine. Dr. Rocki studied and practices several spiritual traditions including mystical Christianity and Buddhism. and non-denominational chaplaincy.

Presented by:

**Health Medicine Forum**  
[www.HealthMedicineForum.org](http://www.HealthMedicineForum.org)

**Networking: 6:45pm**  
**Presentations: 7:15pm**  
**2 CEUs for RNs**

Leshar Center  
for the Arts

1601 Civic Drive Walnut Creek  
[www.lesherARTScenter.org](http://www.lesherARTScenter.org)

**Tickets: [www.lesherartscenter.org](http://www.lesherartscenter.org)**

**(925) 943-SHOW**  
7.4.6.9