



Health and Wellness Links
Body, Mind, Spirit Fitness

DYNAMIC WELLNESS

At the DC VA Medical Center



OCTOBER 29TH & 30TH

9am - 1pm in room 3B 114

*James and Ashana
together will jointly
lead two day-long
sessions.*

*To register, please call
(202) 745-8000
x56310*

October 29th: For Veterans

Daily Self Care: How to Stay Clear
and Powerful in Every Day Life

October 29th: For Staff

Energetic Self Care: How to Stay
Clear and Balanced as a Healthcare
Professional

THE INTEGRATIVE HEALTH AND WELLNESS PROGRAM PRESENTS

James and Ashana Kauainui



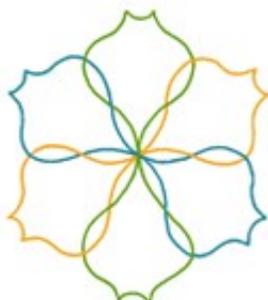
JAMES KAUAINU

James Kauainui is teacher, healer, and lecturer on transformational self-care, grounding, and dynamic energetic wellness. A Veteran and native Hawaiian healer, he has spent more than 20 years in private practice and as a seminar leader all over the world; he draws his insights and gifts from many traditions including an ancient lineage that goes back over 20 generations on Hawaii Island.



ASHANA KAUAINU

Ashana Kauainui is an internationally recognized healing music artist and a pioneer in the use of sound therapy. She has received international acclaim for her six CD recordings including All Is Forgiven, Jewels of Silence, Beloved, The Infinite Heart, The Illuminated Path, and River of Light. Her specialty is the use of sound and vibration to create individual physical, emotional and spiritual wellness, and her work has been used with people challenged by life threatening illnesses, in hospices and nursing homes; and in churches, yoga studios, and meditation groups.



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