



Education and Community Wellness Program 2009 -2010 Course Catalog





Dear Friend,

*She was a businesswoman - perfect, punctual, busy, frazzled, tired.
She was an addict - unstable, fragile, desperate, powerful, deep.
She was a student - provocative, skeptical, jaded, hurt, afraid.
She thought that Shakti was a tiny cottage to go to after work,
or a class that came to her high school on Friday afternoons.*

*What she found out, though, was that Shakti was not a place at all.
It was already part of her, part of the women around her.
It was something inside, becoming more and more expansive
as layers of old habits and tired stories gradually peeled away.
It was the choice to look in the mirror and see her best self.*

*And it was a community of women working to transform themselves,
to live intentionally and with purpose,
and to go out with the tools, training, and support they need to transform the world.*

Shakti Rising's Education and Community Wellness Program is building strong women leaders and healthy communities one student at a time. Each year, we provide over one thousand hours of onsite and offsite classes in four main areas: Health and Well-Being, Transformational Recovery, Sustainable Life Skills, and Leadership and Service.

Shakti Rising is a community that serves women and girls from all backgrounds. Onsite, we serve women - from professionals to college students, community leaders to the young women in our Transformational Recovery Apprenticeship Program - who want to live in authenticity, service, and leadership. Some of our students are looking for a way to turn their lives around completely, and some are simply looking for a supportive community where they can live a good life even more fully. Offsite, we serve youth attending other treatment or support programs with whom we have partnered (i.e. substance abuse treatment programs, high schools and foster youth agencies). In addition, Shakti offers workshops and classes to corporations, clinicians, and staff at our partner programs to train them in Shakti's unique and powerful model.

Becoming an advocate of Shakti Rising's life-changing Educational and Community Wellness program is simple. Take a class, email out a course catalog to your contacts, or simply talk about the program. Together, we help transform the lives of individual women and girls, build leaders, and change the world.

Sincerely,

Jordan Stanton
Director of Education and Community Wellness

Whitney Moret
Onsite Services Coordinator



Health and Well-Being

Some of the most powerful choices you make involve the body and health care. Strengthening overall health is a critical component of both empowerment and transformation.

Movement Classes

Shakti Rising's movement classes are taught by fantastic female instructors from the San Diego dance community. We offer classes in Hip Hop, Modern Dance, Nia, and more. Specialty workshops are also offered throughout the year.

When: Ongoing

Movement classes are offered on an ongoing basis. Please visit us online at www.shaktirising.org/classes or call for a quarterly class schedule 619-501-2746.

Cost: \$10-\$15 per class/\$60 for unlimited monthly pass

Fall:

Tuesdays, 5:30pm - 6:30pm: Nia
Wednesdays, 5:00pm - 6:00pm, Hip Hop
Thursdays, 5:30pm - 6:30pm: Hip Hop II

Winter:

Tuesdays, 5:30pm - 6:30pm: Hip Hop
Wednesdays, 5:30pm - 6:30pm: Modern
Thursdays, 5:30pm - 6:30pm: Hip Hop II

Spring:

Tuesdays, 5:30pm - 6:30pm: Nia
Wednesdays, 5:00pm - 6:00pm, Hip Hop
Thursdays, 5:30pm - 6:30pm: Modern

Yoga

Our yoga classes are customized for the women who attend them and are taught by professionally certified female yoga instructors who specialize in yoga for women. Some of the most well-known yoga instructors and studios in San Diego partner with the Education & Community Wellness Program to offer these unique classes.

When: Ongoing

Times: Fridays, 4:45pm - 6:00pm
Saturdays, 8:30am - 9:30am

Cost: \$15 per class/\$65 for unlimited monthly pass

"I enjoy the variety of different types of movement offered, as well as the teachers that are called on to teach here."

- Luna



To register, contact Whitney Moret at (619) 501-2746 or whitney@shaktirising.org



Health and Well-Being

(Cont'd)

Living the Seasons

Get educated about the quality of your health. Feel confident in addressing day to day health concerns and learn the skills to create optimal well-being. Experience a new perspective on health and well-being that will transform the way you live your life.

Our experienced herbalists and holistic health care professionals will guide you as you:

- Learn nutrition and healthy cooking.
- Explore herbal medicine and learn to create your own teas, oils and salves.
- Experience the importance of regular cleansing and detoxification.
- Cultivate vibrant health through the development of nurturing self care practices.

When: Mondays, 6:00pm-9:00pm
Cost: \$150 plus \$25 materials fee

Fall: 10/5/09 - 11/23/09
Winter: 1/4/09 - 2/22/09
Spring: 3/29/09 - 5/17/09

Specialty Holistic Health Workshops

Hands-on nutrition, cooking, herbalism, and self-care labs are one-time workshops taught by guest instructors on the first Saturday of every month, from 1:30pm - 4:30pm. These courses feature a range of topics, from Chinese medicine to women's reproductive health.

Dates: 10/03/09, 11/7/09, 2/6/10, 3/6/10, 4/3/10, 5/1/10, 6/5/10
Cost: \$30 per lab

Heart of Giving Craft Class: 12/12/09
Time: 1:30-4:30pm
Cost: \$50 plus materials fee

"The workshop is a gift that allows us to reconnect with our emotional, intellectual and spiritual self."

- Meghan Descoteau



Sustainable Living

Classes focus on creating a lifestyle based on daily practices informed by individual values and vision.

Women & Money I

Come to understand your relationship with money and the choices you make while learning the practical skills of creating a budget and living within your means. This class will assist you on the path of sustainability and financial abundance.

Join us for an experience of true financial well-being.

When: Fall: 10/21/09 - 11/11/09

Winter: 1/20/10 - 2/10/10

Spring: 4/21/10 - 5/12/10

Times: Wednesdays 4:00pm - 5:00pm

Cost: \$60.00



Women & Money II

In this comprehensive companion course to Women & Money I, you will take an honest look at spending patterns, experience the truth of your financial situation, explore the power of money in life and culture, and confront debt head on.

Learn the skills to:

Project your budget

- Earn what you're worth
- Save money
- Donate to a cause you believe in

Be a part of a class that offers a new perspective on finances.

When: Fall: 10/21/09 - 12/16/09

(No Class) 11/25/09

Winter: 1/6/10 - 2/24/10

(Follow up) 3/10/2010

Spring: 4/7/10 - 5/26/10

(Follow up) 6/9/10

Times: Wednesdays 5:00pm - 6:00pm

Cost: \$100.00

To register, contact Whitney Moret at (619) 501-2746 or whitney@shaktirising.org



Sustainable Living

(Cont'd)

Debt Resolution Workshop

Experts say the first step to addressing and overcoming financial problems is to face them.

This two-part series will provide you with the opportunity to get honest with yourself about your finances and develop personalized strategies to create powerful shifts in how you spend, save, and resolve debt.

Through this workshop you will:

- Learn how familial patterns show up in your spending
- Develop tools to create financial well-being
- Create a spending & debt resolution plan
- And begin to plan for your future.

When: Fall - Part I: TBA

Winter - Part II: 1/30/09

Times: Fall - Part I: 6:00pm - 9:00pm

Winter - Part II: 12:00pm - 3:00pm

Cost: \$40.00 per course

Women-Centered Philanthropy

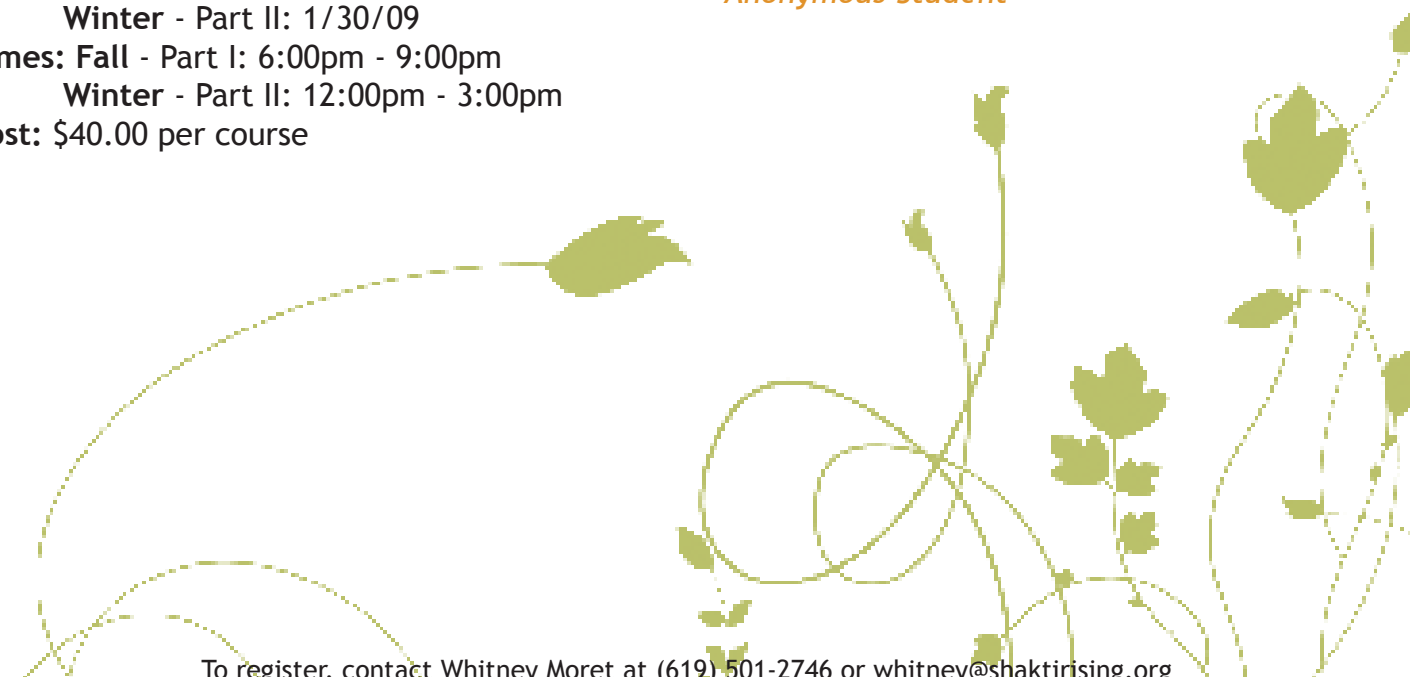
What is my legacy? What do I need to do to realize my legacy? Incorporating Shakti Rising's unique model of philanthropy, these one-time workshops explore women-centered giving, abundance vs. scarcity, and how giving to others transforms our lives and helps us fulfill our legacy.

When: 10/22/09, 1/25/10, 4/1/10

Times: 5:30pm - 8:30pm

"This is powerful stuff. I am continuing my journey and attending more classes at Shakti Rising for the knowledge and support that I need."

- Anonymous Student

A decorative graphic of a green vine with leaves and small flowers, curving across the bottom of the page.

To register, contact Whitney Moret at (619) 501-2746 or whitney@shaktirising.org



Sustainable Living

(Cont'd)

Communication

Effective communication is essential to achieve success in life. It strengthens our connection to others, not just friends and family, but co-workers as well.

Join us for this 2 part series of classes and strengthen the most important thing in life, your relationships.

Part I- Basic Communication

This course provides a safe and supportive environment for you to discover and address communication challenges, and develop new skills for more effective self expression and personal interactions.

Part II- Conversations That Matter

Through this course, you will learn the tools to resolve conflict and deepen your understanding of how you relate to others. As a result, you will develop the ability to navigate challenging conversations and increase intimacy in your life.

When: Fall - Part I: 11/4/09 - 12/2/09

Spring - Part II: 4/7/2010 - 4/28/10

Times: Wednesdays 7:00pm - 9:00pm

Cost: \$120.00 per course

Unlimiting Your Beliefs

The thoughts we think motivate every action we make and affect every cell in our bodies. In this two day experiential workshop, our highly trained instructors will guide you in exploring the biology of thoughts, teach you to identify limiting beliefs, and assist you in developing the tools to harness the power of your mind.

When: 1/23/10 and 2/20/10

Times: 12:00pm - 5:00pm

Cost: \$100.00

Gardening Workdays

Participate in the good things growing at Shakti Rising! Join us for our garden work days, and have fun while learning simple and sustainable gardening methods.

When: 10/17/09, 11/21/09, 12/12/09, 1/16/10, 2/20/10, 3/20/10, 4/17/10, 5/15/10, 6/12/10

Times: Saturdays from 9:30am - 3:30pm

Cost: None

Please email us at garden@shaktirising.org for further information. We look forward to seeing you!





Transformational Recovery Classes

Founded in Shakti Rising's 9 Gates Model of Transformation, classes teach an embodied practice of personal growth that results in increased self-awareness, self-acceptance, and willingness to change. Courses help you create more balance and harmony and discover your inner wisdom and knowledge

Transformation 101

Ideal for women seeking to live more fully - whether in transition, seeking major change in their lives, or simply looking for a way to make a good life better - this 8-week course will help you gain the tools to reconnect with your authentic self. Experience transformation by developing a new perspective on how to work with your emotions, care for yourself, and live according to your values and purpose.

Through this class you will:

- Learn how to support and nurture yourself.
- Gain skills to build authentic relationships and create a life you love.

Fall: 10/6/09 - 11/24/09

Winter: 1/19/10 - 3/9/10

Spring: 3/30/10 - 5/18/10

Times: Tuesdays 5-7pm

Cost: \$120

Transformation 101 (Co-Ed)

When: 4/05/10 - 5/24/10

Times: Mondays 5:00pm - 7:00pm

Cost: \$120.00

Transformation 101 Refresher

In this one-night refresher workshop, you will explore your strengths and challenges with integrating the skills and tools learned in Transformation 101, allowing you to re-inspire your tiny changes, renew your self-care practices, and re-connect with the Transformation 101 community.

Date: Tuesday, 9/22/09

Time: 5:00pm-7:30 pm

Cost: \$35

9 Gates Experience

Experience the unique therapeutic model of transformation that is the foundation of Shakti Rising and gain a deeper connection with yourself and your life purpose.

When: Fall: 10/12/09

Winter: 2/16/10

Spring: 4/6/10

Summer: TBA

Times: 6:00pm - 10:00pm





Transformational Recovery Classes

(Cont'd)

Transformation 201

Deepen your connection with what matters most to you! Transformation 201 will provide you with an in-depth exploration and experience of key topics from Transformation 101, strengthen your circle of support with other women, and enliven your creative spirit.

When: 10/8/09 - 12/3/09

Times: Thursdays 5:00pm - 7:00pm

Cost: \$120.00

Skills for the Journey

This intentional course is created specifically for women to explore the history of their behaviors. Through the use of meditation, partnered sharing, introspection, and energetic techniques you will increase self-awareness and compassion for yourself and develop skills to change long standing patterns.

This provocative course is led by the Shakti Rising Clinical Team, experts in the fields of women's issues and addiction. The course will culminate in the creation of your own personal recovery map, starting you on the road of transformation and personal empowerment.

When: Fall: 10/2/09 - 11/19/09

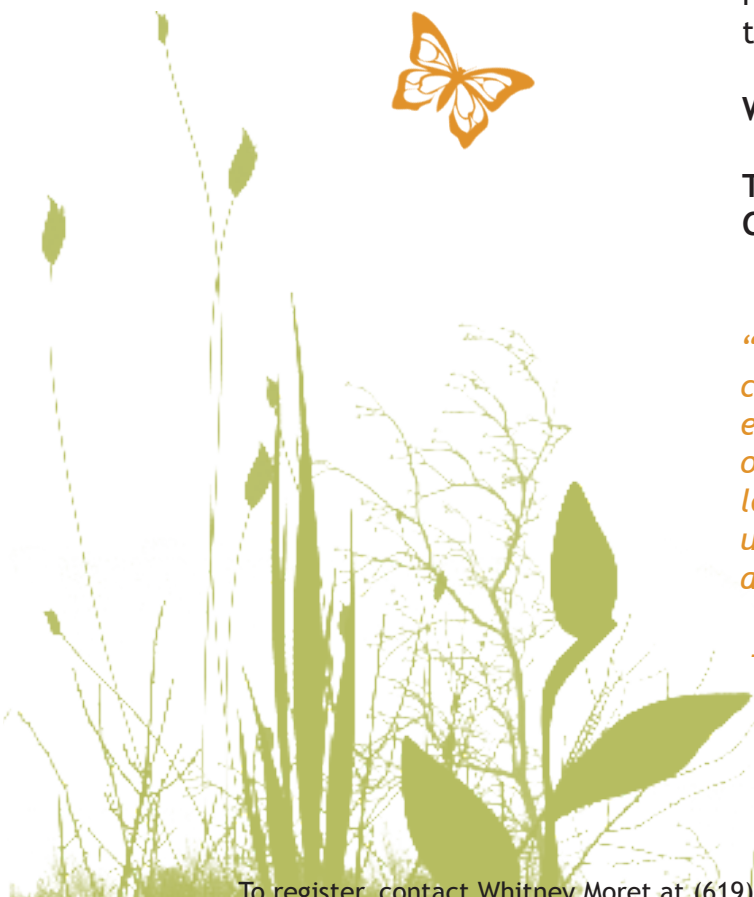
Spring: 4/8/10 - 5/27/10

Times: Thursdays 5:00pm - 7:00pm

Cost: \$160.00

"Transformation 101 helped me love, heal and cherish the beauty inside of me. I now feel empowered to focus as much on myself as I do others; so often we forget that it is our own legs, our own arms... our own hearts that carry us through life -- without loving ourselves in authentic ways, we surely can't go very far."

- Lisa Weir



To register, contact Whitney Moret at (619) 501-2746 or whitney@shaktirising.org



Leadership and Service

Connecting personal experience with the sociopolitical climate puts your life in context and gives you the ability to effectively leverage experiences to make a larger impact.

Transformation Through Service

Transformation through Service (TTS) welcomes everyone to be part of something larger than themselves. At Shakti, we believe that personal healing is directly linked with service to the world.

Through this course, we educate individuals on the essential elements of creating change and becoming leaders in their communities and the world around them.

Join us today and become the change you wish to see in the world!

When: Winter: 1/25/10 - 3/15/10
Times: Mondays 6:00pm - 9:00pm
Cost: \$240.00

Volunteer at Shakti

Be a change leader, volunteer at Shakti! Contact Angela Moran, Director of Transformation Through Service: phone: 619-501-2746 or by email: angela@shaktirising.org.

“The workshop resulted in profound insight for me. I was very impressed with the way Laura and Jordan facilitated - with ease and lack of pretense, concentrating totally on giving us the true gift of the material as it was created. It is a great program, combining community building, psychological healing and spirituality. I am so glad I attended.”

- Caite Mathis





Professional Training and Offsite Services

Shakti's gender-specific and trauma-informed model available through offsite experiential courses and workshops.

Professional Training

Shakti Rising offers experiential professional development in the following areas:

Education on gender-specific and trauma-informed services

- Shakti Rising's approach to gender-specific and trauma-informed services
- Benefits and impacts of providing services through this modality
- Development of women-centered treatment planning and interventions
- The role trauma plays in addiction and acting out behavior

Personal Transformation

Building sense of self and self-esteem:

- Building on known strengths and identifying hidden strengths and internal resources
- Redefining self-worth through an internally-focused perspective

Team building, communication, and conflict resolution:

- Understanding the role of each individual in the creation of team dynamics
- Effective and clear communication and listening
- Stress management techniques
- Successful conflict resolution and mediation

Offsite Services

Shakti Rising partners with various grassroots and community-based organizations to ensure seamless provision of care, multiple points of access for services, and strengthened service provider capacity.

Some of Shakti's partner's include High-Tech Middle Media Arts, Mary's House, Monarch High School, South Bay Community Services, and transcenDANCE.

For more information on Shakti's offsite services, or to schedule a training please contact Siglia Diniz, Offsite Services Coordinator, at (858)945-8081 or email: siglia@shaktirising.org.



Shakti Rising



Thank you.