



**African
American
Health
Summit
2009**

Your Health Is Our Health

Wholistic Health
Resource Directory

Bay Area Black United Fund
1212 Broadway, Suite 730
Oakland, CA. 94612

Wholistic Health Resource Directory

Forward

The Wholistic Health Resource Directory has been published by the Bay Area Black United Fund (BABUF) to support African Americans in taking responsibility for their preventative healthcare needs. It is offered to the community with love and in response to the alarming occurrence of chronic illnesses in our community. The Resource Directory also serves as a tool for us to learn more about the richness and the diversity of African American holistic healthcare providers in the Bay Area and to support them with our business dollars.

The providers listed herein have a demonstrated commitment to serve and to educate the community in their journey toward health and wellness. BABUF provides this directory as a community service and does not assume responsibility for any of the products and services listed. As always, use your discretion in choosing the most appropriate healthcare services for you and your family.

Also note that BABUF is limited in its ability to capture and list all of the African American holistic healthcare providers in the Bay Area. However, this project will continue to grow with your support.

For more information about BABUF and to access the most current electronic version of the Resource Directory, please visit www.babuf.org.

Enjoy.

Wholistic Health Resource Directory

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Mental and Psycho-Spiritual Wellbeing

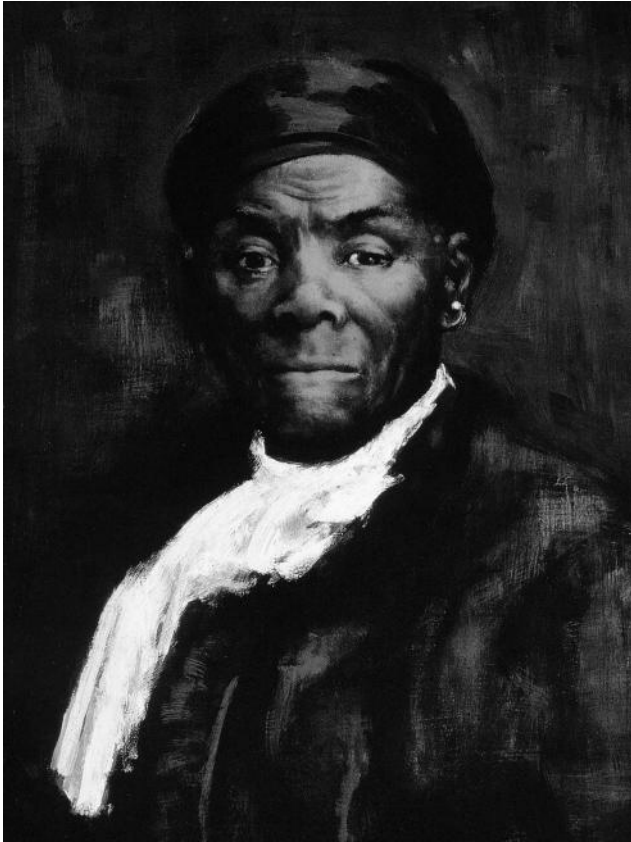
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Introduction



Critical Mass Health Conductors

"I was conductor of the Underground Railroad for eight years, and I can say what most conductors can't say --- I never ran my train off the track and I never lost a passenger."

Harriet Tubman
March 11, 1913



Critical Mass Health Conductors

The Critical Mass Health Conductors (CMHC) project is a call for people of African descent to create a legacy of good health.

We invite you to become a Critical Mass Health Conductor based on the following four guiding principles:

1. Assuming personal responsibility for your health and for your wellbeing;
2. Advocating for cultural messages that promote and embrace a healthy lifestyle;
3. Asking for support when necessary to make healthy lifestyle changes;
4. Working to remove the inner obstacles in our lives that prevent the power and the voice of Spirit from working within us and through us.

Wholistic Health Resource Directory

The vision for the CMHC began during a retreat for Bay Area African American Health Initiatives Council of Elders where it was declared by Arnold Perkins, former Alameda County Public Health Director, that the health of African Americans was getting worse and a state of emergency ought to be called. . Throughout the retreat, Harriet Tubman's name and spirit emerged again and again as the guiding force to take this vision to realization. Harriet Tubman is our Patron Saint and Health Conductor #1.

We are enrolling one percent of the total population of African Americans in the Bay Area as Critical Mass Health Conductors. Each "active conductor" makes a personal and public commitment to promote health in their own lives and within our community.

We invite you to join us in creating a powerful and identifiable force of 4,650 Critical Mass Health Conductors in the African American community, so that we can move through the twenty-first century as fully free human beings in the best of health.

Visit our website at www.babuf.org and click on "Join Critical Mass Health Conductors" for the next training cycle schedule or contact us at (510) 763-7270.

Support
Critical Mass Health Conductors.

A generous gift is your legacy to a better future. With your help, BABUF can continue to serve the community.

To learn more about how you can make a difference in your community, visit our website at www.babuf.org or call us at (510) 763-7270.

Thank you.



Education and Mentoring for Youth

“The question is not whether we can afford to invest in every child; it is whether we can afford not to.”

Marian Wright Edelman ((1939-)
The Measure of Our Success (1992)

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ASA Academy and Community Science Center

Our goal is to increase the number of African American youth in the fields of science and technology. We provide a calm and nurturing environment that promotes academic excellence, cultural relevance, and youth as powerful co-creators in their education and lives.

Services

- College Preparatory School, 6th—11th grades
- After-School Programs
- Science Workshops

Business Hours

Monday- Friday - 8:30 am to 5:30 pm

Contact Information

Sharon Parker or Tovi Scruggs, Founders

2811 Adeline St, Oakland, CA 94608

Phone: (510) 645-5917

Email: asa2sharon@hotmail.com

asa2tovi@hotmail.com

Website: www.asacsc.org

Ashay by the Bay

The Mindful Messages Mentoring Program (MMMP) was created out of a desire to empower young people to achieve their greatest potential through self knowledge and the celebration of their culture. The curriculum includes Abstinence, Safe Sex, HIV/AIDS, STD's, Drugs, Relationships, Peer Pressure, and Violence Prevention.

Services

- Youth Mentoring Programs, Ages 11-18
- African American and Multi-Cultural Children's Books and Educational Products
- Online/ Onsite Book Fairs

Business Hours

Monday—Friday, 9:00 am—5:00 pm

Contact Information

Deborah Day

P. O. Box 2394 , Union City , California 94587

Phone: (510) 520-2742

Fax: (510) 441-0498

Website: www.ashaybythebay.com

Wholistic Health Resource Directory

College Track

An after-school college preparatory program that helps students from under-resourced communities graduate from high school and succeed in college. We do this by providing students with academic workshops, tutoring, SAT/ACT preparation, extra-curricular and community service, study abroad, paid summer internships, assistance getting scholarships and financial aid, and ongoing support in college. Of the 229 students we have sent to college, 90% are still pursuing or have earned a college degree.

Services

- Academic Affairs
- Student Life
- Internships

Business Hours

Monday through Friday, 9:00 am—7:00 pm

Contact Information

436 – 14th Street, Suite 500, Oakland, CA 94612

Phone: (510) 835-1770

Website: www.collegetrack.org

Leadership Excellence

Leadership Excellence is committed to developing the next generation of leaders who possess the skills and desire to create social change in urban communities. Our mission is to provide grassroots community organizing and leadership skills to African American children and youth (ages 5 to 18). This is accomplished through workshops, trainings, and curriculum which empowers them to make positive changes in their communities and informed decisions about their lives.

Services

- Freedom Schools
- Camp Akili
- Camp Alkebulan!

Business Hours

Monday through Friday, 9:00 am—5:00 pm

Contact Information

1924 Franklin Street, Suite 201 , Oakland, CA 94612

Phone: (510) 267-9770

Website: www.leadershipexcellence.org

Wholistic Health Resource Directory

The Mentoring Center

The Mentoring Center's two-tiered mission is to improve the quality and effectiveness of mentoring programs and to provide a direct service mentoring program model designed to transform the lives of the most highly at-risk youth.

Services

- Transition Program
- Positive Minds Group
- Project Choice
- Pathways to Change

Business Hours

See website for complete schedule

Contact Information

1221 Preservation Parkway, Suite 200, Oakland, California 94612

Phone: (510) 891-0427

Fax: (510) 891-0492

Email: tmc@mentor.org

Website: www.mentor.org

Nikasemo Emu Homeschool

We take a holistic approach to life in a family-oriented, African-centered school that focuses on the spiritual, mental, and physical development of children.

Services

- Homeschool
- Preschool
- Tutoring (Ages 5-12)
- Consulting

Business Hours

Monday-Friday 8:30 -6:00 pm

Contact Information

Titilayo Makini

Phone: (510) 893-5939

Wholistic Health Resource Directory

Project Butterfly

Project Butterfly supports women and girls through the transitions of life by providing tools and services to schools, churches, and organizations that work with young women and girls of African descent.

Services

- Culturally Enriched Curriculum
- Project Butterfly Facilitator Training
- Personal Development Activities

Business Hours

Contact for after-school sessions and private hours

Contact Information

Niambi Jaha-Echols or Gwen Luster

Phone: (312) 328-0886

Fax: (312) 328-0857

Toll Free (in the U.S.) 1-866-874-4350

Email: info@projectbutterfly.com

Website: www.projectbutterfly.com

Shelton's Primary Education Center

The mission of **Shelton's Primary Education Center** (S.P.E.C.) is to serve and benefit its community by providing a safe and nurturing environment that encourages positive growth and development in children and gives them a strong foundation, enriching in their cultural heritage and their awareness of the world.

Services

- School Age Program, Age K-5
- Preschool Program

Business Hours

Monday—Friday, 9:00 am—5:00 pm

Contact Information

3339 Martin Luther King Jr. Way, Berkeley, CA 94703

Phone: (510) 652-6132

Fax: (510) 652-5676

Website: www.sheltonprimary.net

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Youth Speaks

Youth Speaks empowers the next generation of leaders, self-defined artists, and visionary activists through written and oral alliterations. We challenge youth to find, develop, publicly present, and apply their voices as creators of social change.

Services

- Spoken word performance
- Education
- Youth Development

Business Hours

See website for schedule

Contact Information

290 Division Street, Suite 302, San Francisco, CA 94103

Phone: (415) 255-9035

Fax: (415) 255-9065

Website: www.youthspeaks.org

Youth UpRising

Dedicated to being a leader in the advancement of youth leadership development as a means of affecting positive community change by ensuring that youth are supported in actualizing their potential.

Services

- Youth Leadership & Community Building
- Media Arts
- Physical Arts
- Performances Arts
- Career & Education
- Legal Services
- Health Services

Business Hours

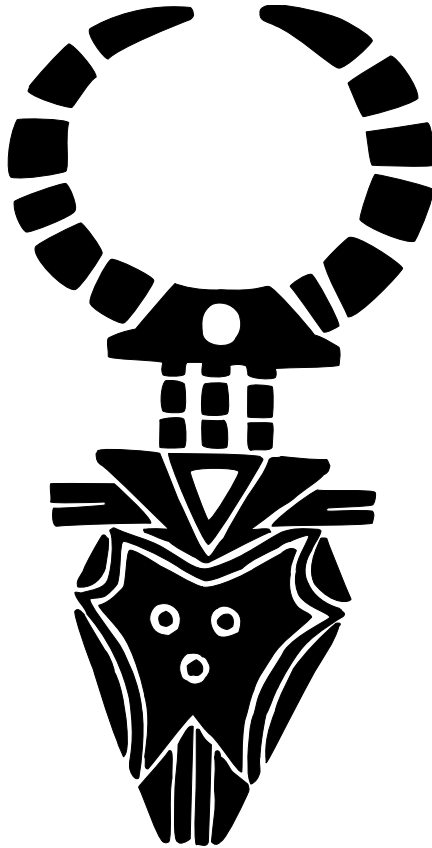
Monday—Friday, 11:00 am—7:00 pm

Contact Information

8711 MacArthur Blvd., Oakland, CA 94605

Phone: (510) 777-9909

Website: www.youthuprising.org



Fitness, Yoga, and Dance

"I can accept failure. Everyone fails at something. But I can't accept not trying."

Michael Jordan (1963-)
I Can't Accept Not Trying (1994)

Wholistic Health Resource Directory

“What Would Harriet Do?”

Move Your Body!

Most African Americans do not get the recommended 30–90 minutes of physical activity per day and this fact is reflected by the high incidence of obesity, diabetes, and heart disease in our community.

Now take a moment to imagine the long and difficult journey to freedom that Harriet Tubman made over and over again on the Underground Railroad.

Think about the enormous physical strength and determination it took to travel for days and weeks on foot, often without enough food or rest. Could you make that trek today if your life depended on it?

We are on a journey to freedom and better health. Make a commitment to get your body moving each and every day. The benefits include increased circulation, improved cardiovascular health, and less stress. Remember that it doesn't take much... a comfortable pair of shoes and you're out the door walking ...or put on your favorite CD and dance until you drop.

Start today. You're worth it!

Need support getting more exercise?

Go to **page 6** for information about becoming a Critical Mass Health Conductor.

Wholistic Health Resource Directory

Capoeira Ngola Preto Velho

Capoeira Ngola teaches an ancient Afrikan martial art system of health that requires music, singing, physical training, and spiritual development as a way of life. We have classes three times weekly available for the community.

Services

- Copoeira Ngola classes
- Beginners welcome (class taught two times weekly)

Business Hours

Classes taught several times a week. Call for schedule.

Contact Information

Mestre Themba Mashama, CMT and Certified Iridologist
4550 San Pablo Ave, Emeryville, CA 94608

Phone: (510) 654-6447

Email: pretovelho@earthlink.net

Divadance Belly Dance Productions

Asata teaches belly dancing using the technique and expressions of Egyptian dance otherwise known as Raqs Shaki. The classes are about feeling the music and connecting with ancient parts of our cultural heritage. My goal is to challenge the concept of what makes a beautiful dancer! Beginners welcome.

Services

- Group and private lessons
- Ongoing classes
- Private events and performances

Business Hours

Go to website or call for schedule

Contact Information

Asata Iman

Phone: (510) 237-2152

Email: asata.divadance@gmail.com

Website: www.asata.net

Wholistic Health Resource Directory

Goddess Boot Camp Ministry

Women's transformational boot camp dedicated to elevating spiritual consciousness through intense physical fitness, spiritual counseling, personal training, and nutrition planning.

Services

- Personal training
- Boot Camps
- Health retreats
- Seminars and workshops

Business Hours

By appointment and quarterly boot camps

Contact Information

Carmen L. West

Phone: (510) 569-4895

Email: wcarmenwest@aol.com

Website: www.goddessbootcampministry.com

International Association of Black Yoga Teachers

IABYT is an organization dedicated to increasing the presence of yoga in the inner city. Our mandate is to utilize the art and science of yoga to better serve the African Diaspora and other communities around the world.

Services

- Community Yoga Day Activities
- Speakers Bureau
- Yoga Workshops and Retreats
- Yoga for Youth

Business Hours

See website for schedule and events

Contact Information

Website: www.blackyogateachers.com

Wholistic Health Resource Directory

Malonga Casquelourd Center for the Arts

This beautifully restored, turn-of-the-century Arts Center is one of the area's busiest performing arts facilities. Patrons can participate in a variety of arts programs or rent spaces for arts events and activities. (Formerly known as the Alice Arts Center.)

Services

- Adult and youth dance classes
- Spaces available for rent include a 400-seat theatre, five dance studios, meeting rooms, and rehearsal spaces

Business Hours

See website for schedule of classes and events

Contact Information

1428 Alice St., Oakland, CA 94612

Phone: (510) 238-7219

Website: www.malongacenter.org

Pathfinders Institute~ Whole Heart Path

When the pain of staying where you are becomes greater than the fear of moving forward, the Whole Heart Path awaits you. Dinndayal Morgan has more than 41 years of experience in martial science, Kriya yoga, and Five Rings Movement Psychology.

Services:

- Egyptian Kemetic
- Kriya Yoga
- Five Rings Movement Psychology

Business Hours

By appointment

Contact Information

Dinndayal Morgan

P.O. Box 553, Santa Rosa, CA 95402

Phone: (925) 695-3121

Email: Dinndayal@gmail.com

Website: www.pathfinderinstitute.com

Wholistic Health Resource Directory

Reposturing



Critical Mass HC #334

The Reposturing Yoga workout merges the time honored traditions of Hatha Yoga with leading edge research and developments in sports performance, exercise science, and kinesiology.

Services

- Reposturing Yoga
- Exercise science
- Kinesiology

Business Hours

By appointment/ see website for schedule

Contact Information

Aaron Parnell

407 North San Mateo Drive, San Mateo, CA 94401-2417

Phone: (877) 4 POSTURE or (877) 476-7887

Email: aaron@reposturing.com

Website: www.aaronparnell.com

Resultz Health and Fitness



Critical Mass HC #99

Consultants

Resultz focuses on motivation, support, and education around healthy living for individuals and families. Our fitness, nutrition, and stress reduction programs help our clients develop skills and tools for weight loss and better health.

Services

- Fitness training
- Nutrition counseling
- Therapeutic bodywork and massage
- Group weight loss training programs

Business Hours

By appointment

Contact Information

Tiffany Bell

Phone: (510) 253-7736

Email: resultz@sbcglobal.net

Wholistic Health Resource Directory

Soul Chi with Maalak



Critical Mass HC #81

“Healthercise” that strengthens the body and heals the spirit. It is an exercise that *everybody* can do and enjoy.

Services

- Classes
- Special events
- Private lessons

Business Hours

By appointment

Contact Information

Maalak Atkins

Phone: (415) 332-5375

Email: melatks@aol.com

Website: www.soulchi.com

Takibi Yoga



Critical Mass HC #324

We specialize in a one hour Hatha yoga class, practiced in a heated room, similar to Bikram. Our fluid yoga class delivers an excellent balance of time, compelling, effectiveness and relaxing calm. Our yoga is novice friendly and appropriate for all levels.

Services

- Yoga instruction
- Facility available for special events

Business Hours

See website or call for schedule of classes

Contact Information

Ron White

4550 San Pablo Ave, Emeryville, CA 94608

Phone: (510) 654-7630

Email: takibiyoga@msn.com

Website: www.takibiyoga.co

Wholistic Health Resource Directory

Total Health Institute



Critical Mass HC #13

Our purpose is to provide tools and resources to create vitality, relaxation, and joyful living.

Services

- Yoga and relaxation classes
- Rejuvenating retreats
- Wellness seminars and workshops
- “Yoga for Busy People”- yoga instruction book

Business Hours

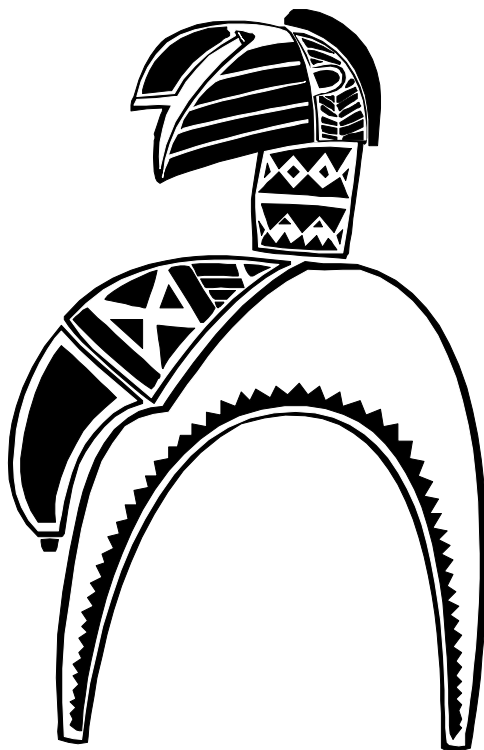
By appointment

Contact Information

Bobby R. Norrise

P.O. Box 10661, Oakland, CA 94610

Phone: (510) 530-8220



Health Education and Training Programs

“My father was a slave and my people died to build this country, and I'm going to stay right here and have a part of it, just like you. And no fascist-minded people like you will drive me from it. Is that clear?”

Paul Robeson
(1898-1976)

Testimony before the House Un-American Activities Committee
June 12, 1956

Wholistic Health Resource Directory

Critical Mass Health Conductor's Program

We invite you to join us in creating a powerful and identifiable force of 4,650 Critical Mass Health Conductors in the African American community, so that we can move through the twenty-first century as fully free human beings in the best of health.

Services:

- Health training cycles in most Bay Area counties
- Health education classes and workshops

Business Hours

See the website or call for the next training schedule

Contact Information

Phone: (510) 763-7270

Website: www.babuf.org

University of Kemetian Sciences

At the University of Kemetian Sciences, the mission is mastery, and the quest of mastery is the ultimate mission. We offer an undefiled, cirum-centric environment for learning, inductive reasoning, pragmatic analysis, and discovery.

Online courses in:

- Metaphysical Psychology: Health, Analysis and Healing
- Fundamentals of Naturopathy and Hygienic Sciences
- Mdu Ntr (Medu Netcher)
- American Sign Language

Business Hours

See website for schedule of classes

Contact Information

Dr. Phil Valentine, Dr. Nalani

Phone: (386) 456-9279

Email: info@kemetaphysics.org

Website: www.kemetaphysics.org



Health and Wellness
Professionals and Educators

"You're either part of the solution or part of the problem."

Leroy Eldridge Cleaver (1935-1998)
speech given in San Francisco in 1968

Wholistic Health Resource Directory

A Touch of Life



Critical Mass HC #11

Specializes in Leadership and Wellness training for the workplace. Additionally, we provide health and lifestyle coaching and guided cleanses for individuals who want to experience radiant health and release weight.

Services

- Employee Wellness Days
- Life Balance and Leadership Training
- Workshop facilitation
- Author— *Ancient Principles of Radiant Health*
- *The 9-Breath Meditation*— 2-disk CD set
- *Ancient Treasure*— all natural facial moisturizer

Business Hours

Tuesday—Friday, 10:00 am—6:00 pm and by appointment

Contact Information

Asara Tsehai, Wholistic Health Educator

Phone: (510) 268-1720

Email: atouchoflove@sbcglobal.net

Website: www.theancienttreasure.com

African Americans for Balanced Health

A support group that can help you in your journey to optimum health. By receiving the proper education on nutrition and spiritual health, you can achieve "youngevity" as well as relief from the symptoms of dis-eases.

Services

- Lectures by Wholistic Health Consultants
- Support group meetings
- Networking sessions
- Discounted services from Wholistic Health Consultants

Business Hours

Call or see website for schedule

Contact Information

P.O. Box 221303, Sacramento, California 95822

Phone: (877) 491-AABH (2224) Toll free

Email: sabrina@aabh.net

Website: www.aabh.net

Wholistic Health Resource Directory

Africa Tesito Institute

Our goal is to inspire and support individuals to once again become active participants in reclaiming and maintaining optimum health for themselves through cross-continental links b/t Africa and the U.S.

Services

- *Colour*- a cultural fashion exchange weaving vibrant African textiles into wearable art, including home décor.
- *Visual Sounds Of Africa*- entertainment and education through the dances of Central/ West Africa. We offer classes, workshops and live performances.
- *Africa Revisit Tours*- Senegal, South Africa, Mali, and Guinea

Business Hours

By appointment

Contact Information

Rahema Gueye

Phone: (510) 835-7109

Email: africatesito@yahoo.com

Website: www.africatesito.com

Black Coalition on AIDS

The mission of the Black Coalition on AIDS is to stop the spread of HIV/AIDS and eliminate health disparities in the Black community.

Services

- HIV/AIDS testing for men and women
- HIV/AIDS counseling
- Housing
- Education
- Case management

Business Hours

Monday—Friday, 9:00 am—5:00 pm

Contact Information

2800 Third Street, San Francisco, CA 94107

Phone: (415) 615-9945

Fax: (415) 615-9943

Email: bcoa@bcoa.org

Website: www.bcoa.org

Wholistic Health Resource Directory

Cell Regeneration



Critical Mass HC #39

Cell regeneration is a light touch technique that stimulates your body's own natural healing process. It works at a deep cellular level to bring about a sense of wellbeing physically, mentally, and emotionally.

Services

- Painless realignment of the skeletal structure
- Increased functioning of the immune system
- Relief of acute and chronic pain
- Relief of stress and depression
- Improved preoperative prep and postoperative recovery

Business Hours

By appointment

Contact Information

Bry'Andi Brandon, Certified Cell Regeneration Prac. (C.C.R.P.)

Phone: (510) 566-2455

Email: sylverfoxx61@comcast.net

In Harmony



Critical Mass HC #23 & 25

Our goals at "In Harmony" are to provide you with the instructions, guidance, encouragement and products that will support your transition towards a more wholistic lifestyle. The benefits of which are self-knowledge, self-sufficiency, and self-insurance- all pathways to self-empowerment.

Services

- Free flow applied Chinese medicine
- Raw and live food classes and workshops
- Internal cleansing and detoxification
- Individual and group consultations

Business Hours

By appointment

Contact Information

Judith Genece-Murphy, NE,CLFLE

Carlisle Murphy, Jr.,MSTCM,CLFLE

Phone: (510) 444-1466

Website: www.livinginharmony.net

Wholistic Health Resource Directory

Living Vibrance

Crystal Beverly has practiced for 26 years as a licensed Holistic Health Educator and 20 years as a Montessori School teacher. She is also a Licensed Professional Spiritual Ministerial Counselor.

Services

- Healing Principles of Coaching Program for groups and individuals
- Living Vibrance: 40-day Soul Fitness Quest Wellness Program
- Teachers First! Internal holistic health wellness programs for the educator

Business Hours

By appointment

Contact Information

Crystal Beverly

Phone: (510) 432-7687

Email: crystalopulence8@att.net

Melody Sams, L.Ac.

Incorporating a variety of healing modalities to support optimum health and wellness.

Services

- Licensed acupuncturist
- Licensed massage therapist
- Moxibusion and cupping
- Dietary and fitness counseling

Business Hours

By appointment

Contact Information

Melody Sams

1610 Post St., Suite 208, San Francisco, CA 94115

Phone: (415) 350-2343

Fax: (415) 292-4737

Wholistic Health Resource Directory

Natural Healing Alternative Living and Resource Center

We are the complete whole mind, body, and spirit. Qadirah works to build and balance the life force from within.

Services

- Cleansing and detoxification with herbs
- Colon Therapy
- Natural foods
- Education

Business Hours

By appointment

Contact Information

Qadirah Bey

3104 Fruitvale Ave, Oakland, CA 94602

Phone: (510) 688-5996

Email: majesty4life21@yahoo.com

Six Rivers Ranch, Inc



Critical Mass HC #338

Torrie is dedicated to natural self-help healing using a variety of alternative health modalities.

Services

- Iyengar yoga
- Nutrition counseling/education
- Colon hydrotherapy
- Yoga Living, Holistic Wellness Retreat

Business Hours

By appointment

Contact Information

Torrie Nunnally

Phone: (925) 250-5547, (925) 254-2478

Email: tnunnally@earthlink.net

Wholistic Health Resource Directory

Treasure Your Health Institute



Critical Mass HC #134

Our holistic treatments help our patients achieve improved health and healthier lifestyle practices.

Services

- Acupuncture, acupressure, and massage therapy
- Herbal medicine
- Cranial/Sacral therapy
- Birth assistance
- Spiritual counseling
- Speaker engagements and workshop facilitation

Business Hours

By appointment

Contact Information

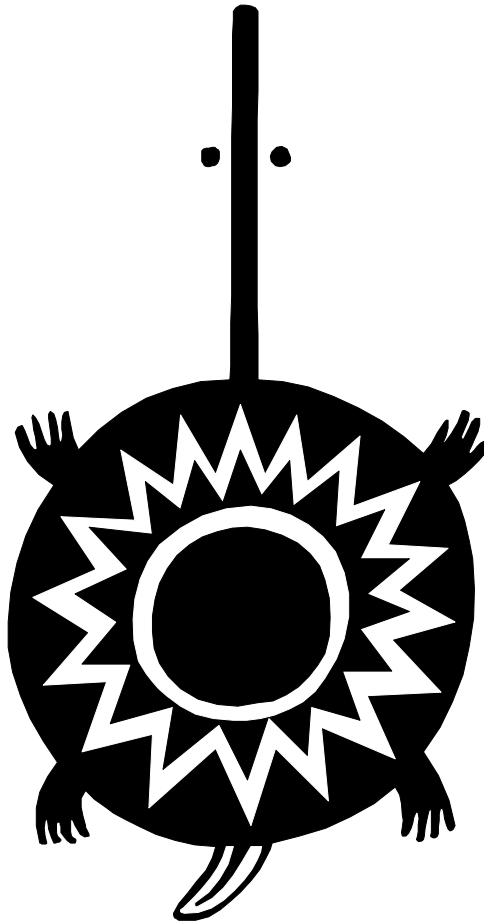
Dafina Kuficha, L.Ac. (Licensed Acupuncturist)

Phone: (510) 451-5100

Email: treasureyourhealth@sbcglobal.net

Website: www.treasureyourhealthinstitute.com

Wholistic Health Resource Directory



Holistic and Naturopathic Medical Doctors

*"Nothing in all the world is more dangerous than sincere
ignorance and conscientious stupidity."*

Martin Luther King, Jr. (1929-1968)
Strength to Love, 1963

Wholistic Health Resource Directory

Ashby Center of Complementary Medicine

Dr. Cecilia Hart is a fully licensed Naturopathic Primary Care Doctor (N.D.) who bridges both conventional and natural medicine. Dr. Hart provides diagnosis and treatments that are non-invasive and have minimal risks or harmful side effects.

Services

- Diabetes prevention and management
- Pap Smears, fibroids, and breast conditions
- Auto immune disorders
- Hypertension, anxiety and depression

Business Hours

By appointment

Contact Information

Dr. Cecilia Hart, N.D.

2615 Ashby Ave., Berkeley, CA 94705

Phone: (510) 845-5319

Fax: (510) 843-5008

Email: www.drcecehart.com

Foundation for the Healing Arts

FHA is a nonprofit 501(c)3 corporation that provides educational environments using the Healing Arts. Healing is a personal process that happens as we develop a better understanding of our individuality and natural self-expression.

Services

- Organ and system assessment using energy medicine
- Identifying imbalances and/or excessive or deficient nutritional requirements and compatibility
- Prescription drug assessment— an evaluation of quantity compatibility and interaction protocol

Business Hours

Tuesday—Thursday, 11:00 am -7:00 pm, and by appointment

Contact Information

Gloria Jackson, M.D., Holistic Medical Doctor

Phone: (415) 720-6551

Fax: (707) 374-4962 (call first)

Website: www.foundationforthehealingarts.org

Wholistic Health Resource Directory

Integrative Wellness



Critical Mass HC #83

Dr. Yerger is a licensed Naturopathic Doctor and medical researcher. Based on her published research on environmental toxins, Dr. Yerger focuses extensively on assisting clients to reduce toxic burden by coaching through safe, gentle, and effective nutritional cleansing.

Services

- Botanical medicine and clinical nutrition
- Nutritional cleansing at the cellular level
- Weight control
- Tobacco cessation/nicotine addiction
- Client education and public speaking

Business Hours

By appointment

Contact Information

Valerie Yerger, N.D.

Phone: (510) 593-5739

Email: dryerger@comcast.net

Website: www.DoctorVal.com

Natural and Nutritional Medicine

Opare Integrated Injury Care

Services:

- Traditional Chinese Medicine
- Acupuncture
- Osteopathic Manual Medicine

Business Hours

By appointment

Contact Information

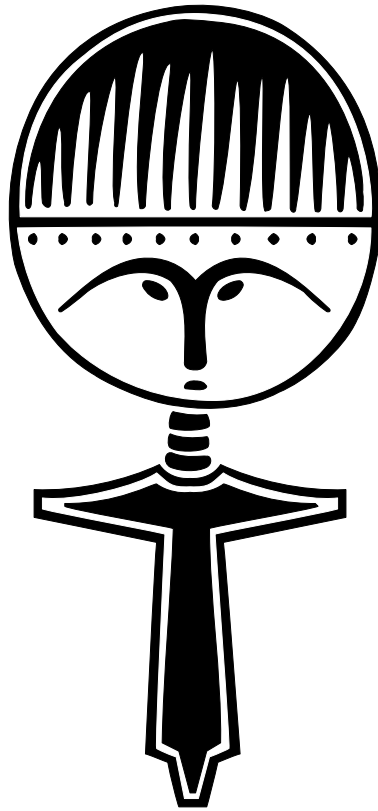
Nana Kwaku Opare, M.D., MPH, CA

Located in Atlanta, GA

Phone: (510) 508-7202 or (678) 428-8866

Website: www.opare.net

Wholistic Health Resource Directory



Life Coaching and Performance Consulting

"I am not tragically colored. There is no great sorrow dammed up in my soul, nor lurking behind my eyes. . . . No, I do not weep at the world—I am too busy sharpening my oyster knife."

Zora Neale Hurston (1901?-1960)
"How It Feels to Be Colored Me" (1928)

Wholistic Health Resource Directory

Black Professional Coaches Alliance

BPCA is America's number one resource for qualified African-American business, executive, and success coaches.

Services

- Coaching from a Black perspective
- Free coaching articles
- 5-day e-Coaching Course
- Success products

Business Hours

See website for schedule of events

Contact Information

Donahue Street, Suite 151, Sausalito, CA 94965

Phone: (877) COACH88

Email: info@blackcoaches.org

Website: www.blackcoaches.org

Linda Compton, Personal Life Consultant

Support clients in achieving clarity of personal life issues and balance for clearer decisions which results in a sense of wellbeing. This is achieved through various energy-psychology modalities and clear communication techniques.

Services

- EFT, Emotional Freedom Technique
- Psychological kinesiology (muscle testing)
- Bodymapping analysis
- Spiritual retreats for women
- Workshops and speaking engagements

Business Hours

By appointment

Contact Information

Linda Compton

Phone: (510) 233-6737

Email: compdreams@aol.com

Website: www.endlessdreamer.com

Wholistic Health Resource Directory

Mastery Unleashed

Provide leaders and entrepreneurs with mastery tools and practices that allow them to experience flourishing performance in their business and personal affairs.

Services

- Individual and group mastery performance sessions
- Workshops and seminars
- Activational speaking events
- Interactive books, DVDs and online sessions

Business Hours

Register online or call

Contact Information

Nigel Henry

Phone: (510) 444-4442

Email: inquires@masteryunleashed.com

Website: www.masteryunleashed.com

Spiritually Juicy- The Life Stream Collection

A Self-Care and Life-Enhancement company where self-awareness, business, and spirituality come together through powerful and life changing messages, speaking, coaching, and leading.

Services

- Wealth Building
- Keynote speaker
- Warm Spirit personal care products

Business Hours

Monday– Friday, 9am—5pm

Contact Information

Carmen McNeil Jackson

Phone: (510) 236-8371

Fax: (510) 215-9127

Email: coachcarmen@warmspirit.org

Website: www.spirituallyjuicy.com

Wholistic Health Resource Directory

Temple Building Consulting

Temple Building Consulting provides services that uplift individuals and teams to maximize performance physically, spiritually, mentally, and financially. Thus, Temple Building is a holistic approach to complete performance optimization whether that is in the boardroom or in the theatre, during the golf or basketball game, or simply while communicating and building relationships with others.

Services

- One-to-one coaching
- Business development consulting
- Financial coaching
- Mental strategies for sculpting discipline amongst others

Business Hours

Daily, by appointment

Contact Information

Ms. Stephanie Geter, MBA, CPA

P.O. Box 16038, Oakland, CA 94610

Phone: (510) 836-3078

Fax: (901) 581-0904

Email: sgeter.templebuilding@gmail.com

Two Win Communications

A consulting firm specializing in improving performances and the quality of working relationships through transformable communications.

Services

- Life coaching
- Communications consulting

Business Hours

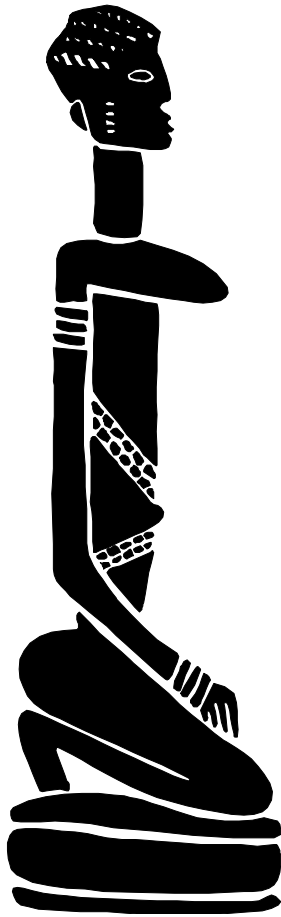
By appointment

Contact Information

Ted Marsh

Phone: (510) 268-0601

Email: ttmarsh@aol.com



Massage, Bodywork , and Chiropractic Services

“Man, if you gotta ask you'll never know.”

Louis (Satchmo) Armstrong (1900-1971)
reply when asked what jazz is

Wholistic Health Resource Directory

Ayanna's Magic Garden

Offering massage therapy including Deep Tissue Relaxation, Acupressure and Tui Na Chinese Medical Massage, as well as Spiritual Life-Path Counseling and Private Readings.

Services

- Massage Therapy
- Reflexology
- Custom Herbal and Healing Remedies
- Natural Body Care

Business Hours

By appointment

Contact Information

Ayanna Mashama

Phone: (510) 654-6447

Email: sisterayanna@earthlink.net

Christopher Pearson

A holistic healer, facilitator, and educator specializing in whole person healing.

Services

- Tui Na, Shiatsu, and deep tissue sculpting
- Nutritional counseling
- Exercise therapy
- Passive joint movement/ sensory re-patterning
- Professional development utilizing anti-oppression and diversity training

Business Hours

By appointment

Contact Information

Christopher Pearson

401 29th St., Oakland, CA 94609

Phone: (510) 272-9949

Email: Christ@bewellnatural.com

Website: BeWellNatural.com

Wholistic Health Resource Directory

Dreamcatcher



Critical Mass HC #55

Making your dreams a reality with Intuitive Energy Medicine.

Services

- Reiki
- Reflexology
- Deep Relaxation
- Chinese energetic medicine
- Sankofa Leadership Series

Business Hours

By appointment

Contact Information

Rashida Lee

Phone: (510) 390-3493

Email: dreamcatcher2@yahoo.com

Finger Art Massage

We strive to help our clients achieve a state of deep relaxation and renewal in a nurturing environment.

Services

- Massage therapy
- Skin care and waxing
- Aromatherapy
- Wellness products
- Gift certificates
- Private events

Business Hours

By appointment

Contact Information

Nathaniel Brown

Phone: (510) 763-5756

Email: fingerart@aol.com

Wholistic Health Resource Directory

Four Hands Holistic Healing Therapies

Four hands Holistic Healing Therapies is a Husband and Wife massage therapy team offering two person hands-on massage therapy including Acupressure, Tui Na, Shiatsu, Deep Tissue, and Relaxation Massage, as well as nutritional and holistic health counseling. We are available to come to your home, your business, private retreats, your spiritual center, church or organization.

Services

- Chiropractic adjustments
- Acupuncture
- Nutrition analysis

Business Hours

By appointment

Contact Information

Themba and Ayanna Mashama

Phone: (510) 654-6447

Imhotep Chiropractic and Wellness

Comprehensive program of chiropractic adjustments, massage, yoga, and lifestyle management. We remind clients where healing originates and then aid the body's natural healing capabilities.

Services

- Holistic chiropractic
- Yoga 1:1 instruction
- Spinal rehabilitation
- Lifestyle management

Business Hours

Monday—Friday 8:30 am– 12:00pm, 3:00 pm—6:00pm

Saturday, 12:00 pm –2:00 pm

Contact Information

Kweli Tutashinda, D.C.

3358 Adeline St., Berkeley, CA 94703

Phone: (510) 450-1095

Email: tutateam@sbcglobal.com

Wholistic Health Resource Directory

Inesscents Aromatic Botanicals/ Tsadae Neway

Inesscents Aromatic Botanicals manufactures high quality, all natural and organic body care products. Tsadae Neway has been a bodywork practitioner for nearly fifteen years. She integrates techniques with your bodywork such as Breema, Craniosacral therapy, Shiatsu, and Acupressure.

Services

- Organic body care products
- Craniosacral therapy
- Shiatsu
- Acupressure

Business Hours

By appointment

Contact Information

Tsadae Neway

Phone: (510) 923-0371

Email: tutateam@sbcglobal.com

Matter of Motion / Yoga Matters for Diabetes

Move your body with customized yoga, pilates, and advanced massage therapy. Yoga therapy for the effective management of diabetes. Talk to your participating physician or visit our website for more information about preventing or managing diabetes by reducing insulin dependency.

Services

- Certified Yoga and Massage Therapist
- Pilates Mat Trainer
- Diabetes Management

Business Hours

By appointment, Downtown San Rafael

Contact Information

Oshalla Dianne Marcus

Phone: (415) 299-2554

Email: oshalla@thaimassagehaven.com

Website: www.matterofmotion.com
www.yogamattersfordiabetes.org

Wholistic Health Resource Directory

Monumental Health and Wellness Center

We offer life style consulting and traditional chiropractic and acupuncture services.

Services

- Chiropractic adjustments
- Acupuncture
- Nutrition analysis
- Fibromyalgia
- Auto accidents and industrial injury
- Weight reduction

Business Hours

By appointment

Contact Information

A. Bonita Bruce

2929 Summit St., Suite 101, Oakland, CA 94609

Phone: (510) 893-9355

Murray Callier II, DC

Dr. Callier uses applied kinesiology (muscle testing) to diagnosis imbalances in the body and uses his vast experiences to bring the body back into alignment. His patient's have included Sammy Davis Jr., the Golden State Warriors, and the Tim Brown Oakland Raiders.

Services

- Result-oriented treatments
- Chiropractic adjustments
- Cranial adjustments
- Extremities

Business Hours

By appointment

Contact Information

Dr. Murray Callier II, DC

Phone: (415) 474-8668

Wholistic Health Resource Directory

Natural Rhythm Healing Hut

The Natural Rhythm Healing Hut is a San Leandro treasure known by locals for its warm staff and healing ambiance, as well as for its great massage and bodywork. Natural Rhythm Healing Hut therapists are renowned for their rhythmic style of massage and body work.

Services

- Body Massage Services
- Bodywrap Treatments
- Healing Fitness Services

Business Hours

By Appointment

Contact Information

438 Estudillo Avenue, San Leandro, CA 94577

Phone: (510) 352-2020

Website: www.naturalrhythmmassage.com

Nyabinghi | Circle

We provide a space to focus on loving and caring for OURSELVES through healing our bodies, minds, and spirits. In the spirit of Nyabinghi, an East African movement we invoke focused energy toward restoring our wholeness, enabling our bodies to heal themselves, preventing disease, and maintaining balance and a state of harmony. Melanie is a Health and Wellness Coach with Herbalife.

Services

- Foot, Hand, and Ear Reflexology
- Aromatherapy/ Aromapressure using 100% essential oils
- Deep Tissue and "Swedish" Massage
- Craniosacral Massage
- Breath and Energy Awareness

Business Hours

By appointment

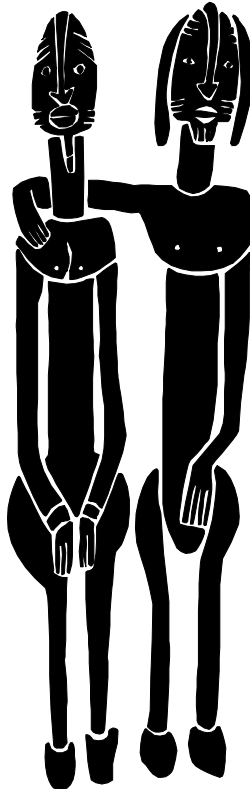
Contact Information

Melanie Price

Phone: (510) 978-1915

Email: simbamel@gmail.com

Wholistic Health Resource Directory



Mental and Spiritual Wellbeing

*“Everybody’s at war with different things...I’m at war with
my own heart sometimes.”*

Tupak Shakur (1971—1996)

Wholistic Health Resource Directory

Anita Barnes, LCSW



Critical Mass HC #114

Psychotherapy and counseling practice that provides a safe, supportive environment that invites and promotes your growth and change. Work through fear and shame in the “here and now.”

Services

- Addiction/ recovery
- Adults with childhood trauma
- Anxiety and depression
- Relationship and intimacy issues

Business Hours

Tuesday– Friday by appointment

Contact Information

Anita Barnes

445 Bellevue Ave., Suite 101, Oakland, CA 94610

Phone: (510) 452-0991

Bridges, Branches, and Braids

We all embody a rage inheritance—the unresolved rage of our parents and ancestors that we carry forth out of an unconscious loyalty to them. In this ex-periential work we discover how seeing, being, and honoring our past frees us to be powerful, creative, and genuine in our present lives.

Services

- Celebration of Rage retreats
- Coaching and consulting
- Practitioner training
- Author of *Healing Rage--Women Making Inner Peace Possible*

Business Hours

By appointment. See website for calendar of events

Contact Information

Ruth King, MA

Phone: (510) 333-9255

Email: ruthking@healingrage.com

Website: www.healingrage.com

Wholistic Health Resource Directory

The Center for Healing & Holistic Counseling Services

The Center for Healing & Holistic Counseling Services is a community-based institute designed to provide holistic counseling and educational programs, training and certification in the areas of vibrational medicine, and holistic health counseling. Our working philosophy and therapeutic approach is holistic in nature and strongly emphasizes the integration of mind, body, and spirit.

Services

- Individual counseling for adults, couples, children, and families
- Hypnotherapy
- Vibrational medicine
- Pranic psychotherapy

Business Hours

By appointment

Contact Information

Nefekare Khemre, PhD, CCHT

Phone: (925) 325-5574

Email: thecenterforhealing@yahoo.com

Website: www.thecenterforhealing.com

Craig Adams, PhD

Psychotherapy services offered in a supportive environment.

Services

- Parenting
- Adolescents
- Couples therapy
- Men's issues
- Christian counseling
- Crisis intervention

Business Hours

By appointment

Contact Information

Craig Adams, PhD

Phone: (510) 581-8210

Wholistic Health Resource Directory

God's Healing Works

GHW specializes in the healing needs of women, providing confidential and personalized services, utilizing Remote Distance Energy Healing, counseling, and somatic bodywork resulting in the dissipation, release, and removal of spiritual, emotional, psychological, and physical pain and trauma. GHW guides, monitors, and maintains individual clients in their own healing process, allowing realignment with the Soul's Purpose.

Services

- Confidential in-person and phone sessions
- Healing sexual trauma and post traumatic stress disorders
- All aspects of mental wellbeing/ mental health
- Sliding fee scale

Business Hours

By appointment

Contact Information

Kuiky "Subhaga" Sammy, ncbtmb 42541700

Phone: (386) 338-2629

Email: subaga1000@yahoo.com

Derethia DuVal, MFT



Critical Mass HC #79

Offering culturally sensitive therapy and self development.

Services

- Individual, couple, and family therapy sessions
- Women self image therapy
- Domestic violence
- Post-traumatic stress disorders

Business Hours

By appointment

Contact Information

Derethia DuVal, MFT

2100 Lakeshore Avenue, Suite B, Oakland, CA 94608

Phone: (510) 845-5311

Email: dr.derethia@yahoo.com

Wholistic Health Resource Directory

Heartline Productions

Dr. Brenda Wade, a clinical psychologist in San Francisco, California, specializes in couples and family therapy, with a private practice that reaches nationwide. A protégé of the world-renowned author and therapist Dr. Virginia Satir, her approach is both humanistic and practical.

Services

- Love-centered clinical psychology
- Keynote speaker and workshop facilitator
- Author of *Power Choices*, *What Mama Couldn't Tell Us About Love* and *Love Lessons*

Business Hours

By appointment

Contact Information

Brenda Wade, PhD

Phone: 1-888-DOCWADE or (415) 775-4866

Website: www.docwade.com

Jenee D. Jackson, PhD, LP

Dr. Jenee D. Jackson specializes in integrated psycho-therapy.

Services

- Individual, couple, and family therapy sessions
- EMDR
- Health & Wellness

Business Hours

By appointment

Contact Information

Jenee D. Jackson, LP

2100 Lakeshore Avenue, Suite B, Oakland, CA 94608

Phone: (415) 860-6860

Wholistic Health Resource Directory

“What Would Harriet Do?”

Drink Water!

Simply put, water is the essence of life. Nothing on this planet can live without it. It nourishes us, it cleanses us and it makes up about 75% of our bodies. When we don't drink enough water we quite literally deprive ourselves of the life-essence we depend on.

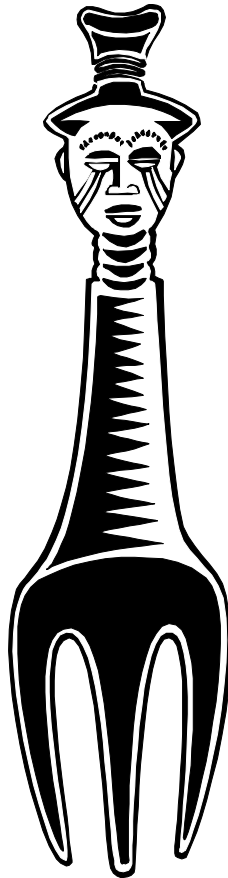
Water was a key ingredient for Harriet Tubman's freedom runs. Not a single man, woman or child traveling on the Underground Railroad could have survived without it. Having water inside the body was even more essential than having food. And many more lives were saved by crisscrossing through water in order to avoid being sniffed out by the slave catchers' dogs.

Water is just as important on our journey to freedom and health today. It is recommended that we drink *at least* half of our body weight in ounces per day. For example, if you weigh 150 lbs. then you should drink a minimum of 75 ounces of water per day. Challenge yourself to drink even more by replacing soda, alcohol and caffeinated beverages with fresh, clean water.

Get in the flow of life—water! You'll feel better, look better and live longer.

Need support in drinking more water?

Go to page 6 for information about becoming a Critical Mass Health Conductor.



Nutrition, Agriculture and Catering

“Avoid fried meats which angry up the blood. If your stomach disputes you, lie down and pacify it with cool thoughts. Keep the juices flowing by jangling around gently as you move. Avoid running at all times. Don't look back. Something might be gaining on you.”

Satchel Paige (1906?-1982)
"How to Stay Young" (1953)

Wholistic Health Resource Directory

Communities United Restoring



Critical Mass HC #197

Mother Earth (CURME)

CURME is an urban gardening project dedicated to facilitating the creation of an agricultural economy independent of the agribusiness commodities market.

Services

- Plant medicine
- Gardening and nutrition workshops
- Soil science
- “Soil to Soul” – exquisite hand-made, personal care products

Business Hours

By appointment

Contact Information

Iyalode

P.O. Box 2301, Richmond, CA 94801

Phone: (510) 260-7420

Email: earthmotherIyalode@yahoo.com

Divine Foods

My intention is to assist people in creating maximum vitality through classes, coaching, catering, and leading by example.

Services

- Raw/vegan food preparation classes
- Individual coaching and counseling
- Catering and special events
- Take-Out food service

Business Hours

By appointment

Contact Information

Reggie Bass

Phone: (510) 860-1253

Email: HealthWealthLove@yahoo.com

Wholistic Health Resource Directory

Fiki's Pudding

Delectable deserts and delights, all hand-made flours and organic ingredients from healthy, holistic desert chef, Patrice Reynolds. Experience the difference.

Services

- Vegan, raw, and gluten-free
- All organic, hand-made ingredients
- Truffles, pies, breads, fudge, and more
- Support free-trade and compostable goods
- Available for classes, demonstrations, and special events

Business Hours

By appointment

Contact Information

Patrice Reynolds

Phone: (510) 919-4312

Website: www.fikispudding.com

Guerilla Cafe

Come join us for the best in organic coffee, tea and our unique menu which consists of gourmet waffles and more! Feel free to experience our Guerilla Vibe, 70's retro atmosphere and eclectic art display. We support fair trade and organic products.

Services

- Organic coffee and tea
- Gourmet waffles
- Breakfast and lunch
- Positive vibes and music

Business Hours

Tuesday – Friday, 7:00 am to 3:00 pm

Saturday and Sunday, 8:00 – 5:00 pm

Contact Information

1620 Shattuck Ave., Berkeley, CA

Phone: (510) 845-CAFÉ (2233)

Website: www.guerillacafe.com

Wholistic Health Resource Directory

Hunía's Divine Soul Food Kitchen

Delicious and nutritious international vegetarian cuisine, cooking classes, and catering service.

Services

- Catering
- Nutrition classes
- Cooking classes
- Private events
- Personal meal preparation

Business Hours

By appointment

Contact Information

Hunia Bradley

Phone: (510) 228-7596

Email: huniasdsk@gmail.com

Ital Calabash

Vegetarian Soul Food and Juice Bar. Natural, organic, and wholesome foods to nourish the body and soul.

Services

- Gourmet veggie burgers
- Fresh salads
- Natural, organic ingredients
- Ital smoothies
- Fresh juices

Business Hours

Open Monday– Friday and weekends in Berkeley

Contact Information

3031 Adeline St., Berkeley, CA (across from Ashby BART)

Phone: (510) 836-4825

Website: www.italcalabash.com

Wholistic Health Resource Directory

Modupe's AfroSoul and Vegetarian Cuisine

Using the alchemy of food, Modupe's seeks to unite the energies of the West African food experience with the comfort of Black American soul food and the regenerative blessing of vegetarian and vegan cuisine with the ultimate goal of restoring all of us. Catering and delivery service available. *Restaurant and Cultural Center grand opening in 2007.*

Services

- Traditional West African Fu-fu, rice and stew with plantain
- Gently fried/baked chicken and fish
- Greens, yams and cornbread
- Live juice bar
- Catering

Business Hours

By appointment

Contact Information

Joy Modupe Amao

945 Wood St., Oakland, CA 94607

Phone: (510) 435-2521

Email: joyamao@earthlink.net

Naturally Nourished

Lori is committed to healing the community through nutrition education. Learn to enjoy better health and vitality through her energetic and educational nutrition classes and demonstrations.

Services

- Cooking classes and demonstrations
- Peer to peer nutrition education training
- Individual counseling
- Workshops and presentations

Business Hours

By appointment

Contact Information

Lori Camille

Phone: (510) 367-2287

Email: nourishnaturally@aol.com

Wholistic Health Resource Directory

People's Grocery

We are building an independent food system and a local economy grounded in community partnerships and a local knowledge-base. We want to give people the tools to control their own food supply and help our community to become more self-reliant.

Services

- Educating residents about sustainable agriculture, health/nutrition, and food justice
- Providing employment, entrepreneurial business training, and life skills for youth
- Developing food-related enterprises and small businesses
- Developing methods of low-cost food distribution and marketing
- Supporting local family farms, organic farms and farmers of color

Contact Information

3236 Market Street, #103, Oakland, CA 94608

Phone: (510) 652-7607

Website: www.peoplesgrocery.org

Souley Vegan Catering and Restaurant

Specializing in healthy and delicious vegan soul food and desserts. Ask about our vegan cheesecake! Visit us at the Grand Lake Farmer's Market on Saturdays.

Services

- Oakland– Grand Lake Farmer's Market
- Catering for private events and weddings
- Personal meal service

Business Hours

By appointment

Contact Information

Tamearra Dyson

Phone: (510) 393-9186

Email: souleyvegan@aol.com

Website: www.souleyvegan.com

Wholistic Health Resource Directory

Top Hat Catering and Successful Inc. Film and Production

Top Hat Catering provides full service catering for special events, as well as healthy and fresh, organic, California-style soul food.

Successful Inc. Film and Production credits: *Bringing It To the Table*, the first African American culinary competition reality television show, and *Healthy Cooking with Chef Mimi*, showing viewers how to shop, plan, prep, and cook for the week.

Services

- Catering and special events
- Nutritional info and diet plans

Business Hours

24-Hour catering and film production services

Contact Information

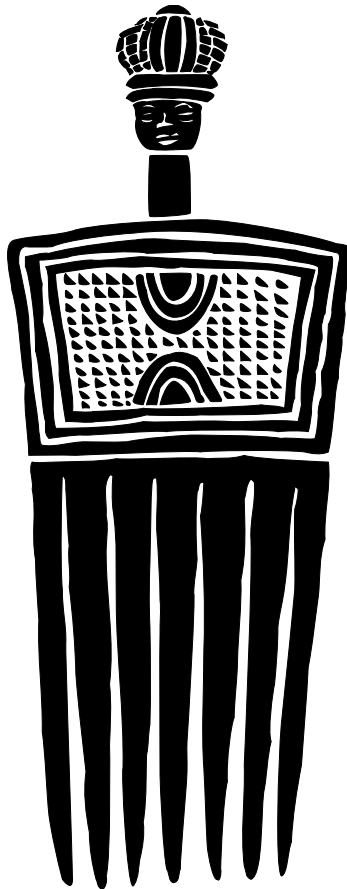
Aminah Robinson

Phone: (510) 302-8446

Email: fxycoking4life@hotmail.com

Website: www.bringingittothetable.com or www.chefmimi.net

Wholistic Health Resource Directory



Personal Care

“One does not fight to influence change and then leave the change to someone else to bring about..”

-Stokely Carmichael (1941—1998)
Student Nonviolent Coordinating Committee

Wholistic Health Resource Directory

Beautiful Loks by Moraa

Offering a natural way of locking hair with a non-twisting technique that provides an easier and simpler method of growing and maintaining locks. This method does not cause any stress to the hair shaft or follicles, locks faster, and requires less time for maintenance.

Just wash, dry, and go!

Services

- Touch-ups
- Re-tightening
- Starting new locks
- Repair and trouble shooting

Business Hours

By appointment

Contact Information

Moraa Bey

Phone: (510) 978-7378

Email: beautifulloks@yahoo.com

Jazz'z Salon and Boutique

We strive to offer a pleasant and professional environment where our clients will feel pampered and cared for. Our motto is "Beauty is truly of essence."

Services

- Hair care and extensions
- Skin care
- Massage and full body treatments
- Eyebrow care

Business Hours

By appointment

Contact Information

LaTonia Grice-Harold

Phone: (415) 724-9760

Website: jazzzsalon@sbcglobal.net

Wholistic Health Resource Directory

Oasis Pamper Bar

An urban retreat where you can experience the best services in a modern and comfortable environment. Experience the difference.

Services

- Manicure and pedicure
- Skin care
- Waxing
- Hair care
- Make-up services
- Pamper parties

Business Hours

Tuesday– Friday, 10am to 7 pm

Saturday, 9am– 6pm

Sunday, private parties

Contact Information

3823 San Pablo Ave, Emeryville, CA 94608

Phone: (510) 594-0225

Website: www.pamperbar.com

Self-Care Extraordinaire

Self care is an absolute prerequisite for good health and wellness. By deepening our attention to ourselves, we become more in tune with our true essence. The reward for personal self care is a recovered connection to our wisdom and sense of purpose.

Services

- Warm Spirit's products treat, heal, protect, and pamper
- Contain pure essential oils and no artificial ingredients
- Empowering business opportunity
- Host a free self care and wellness gathering in your own home

Business Hours

By appointment

Contact Information

Sharon Green

Phone: (510) 332-9800 cell

Email: slgreen08@comcast.net

Website: www.warmspirit.org/extraordinaire

Wholistic Health Resource Directory

The House Spouse

Our mission is to create an environment that supports your intentions for a peaceful, harmonious, fuller life by helping you to release being the caretaker of “stuff”.

Services

- Home organizing
- Project management
- Space planning
- Creating office systems

Business Hours

By appointment

Contact Information

Patricia Rambo

Phone: (510) 325-6650

Email: pirambo@yahoo.com

Warm Spirit- From the Ground Up

Warm Spirit is a collection of high quality, nature-based beauty and healthcare products offering a sense of well being and pleasure to daily living.

Services

- Personal self-care experiences
- Pamper parties
- Self-care consultation
- Personal care products
- Empowering business opportunity

Business Hours

By appointment

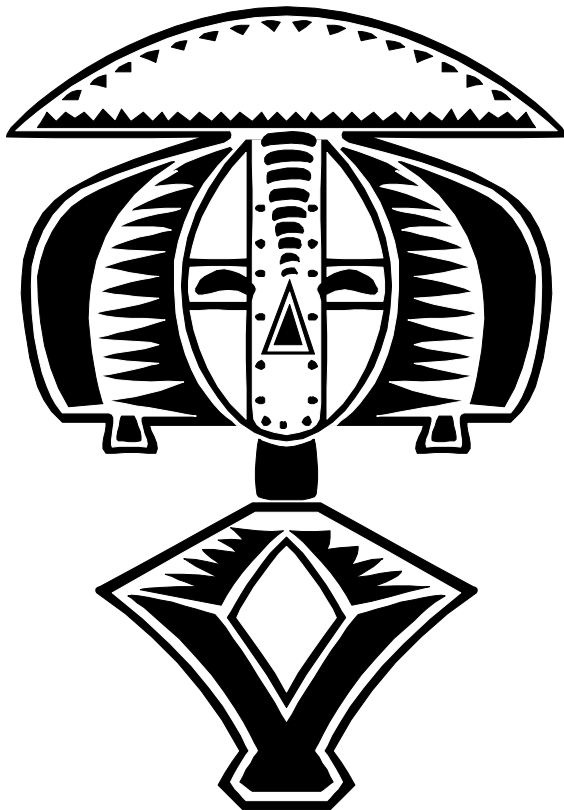
Contact Information

Cicely Winston

Phone: (510) 375-9112

Email: misscicely2004@hotmail.com

Website: www.warmspirit.org/empowerme



Spiritual Development and Guidance

“Sometimes you've got to let everything go—purge yourself. If you are unhappy with anything . . . whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out.”

Tina Turner (1939-)
I, Tina (1986)

Wholistic Health Resource Directory

A Touch of Life - Soul Sessions with Malaku

A Soul Session is a unique and life-changing experience that helps transform those looking to uncover their personal value and purpose in life. Malaku will help identify the spiritual blockages that translate into poor health and prevents one from living a full, self-expressed life.

Services

- Soul Sessions
- Spiritual readings

Business Hours

By appointment

Contact Information

A Touch of Life

Phone: (510) 268-1720

Ausar-Auset Society-West Coast  Critical Mass HC #108

Chapter

Our mission is to improve the lifestyle of African-Americans through the ancient Kemetic (Ausarian) cultural experience.

Services

- Meditation and Qi Gong classes
- Health and nutrition classes
- I-Ching oracle readings and classes
- African history

Business Hours

Call for schedule of classes

Contact Information

Marcus Gary (Shekhem Samerit Kau)

Phone: (510) 533-5306

Email: aas.wc@sbcglobal.net

Bola Cofield

Bola is an intuitive body-based counselor who supports people through the process of self-discovery with an emphasis on cultivating self-loving consciousness.

Services

- Individual, couple, and group sessions

Business Hours

By appointment

Contact Information

Bola Cofield

Phone: (415) 861-4579

Email: bcofi@aol.com

Higher Vision Center for Conscious Living

Rai Jordan is a licensed spiritual practitioner and is the founder and spiritual director of the HVC, a global teaching and healing ministry based in Alameda, CA. She is metaphysical teacher, workshop facilitator, and a certified visioning facilitator. Rai empowers those she works with to access their purpose and live a life of greatness. Her passion for visionary living is infectious. She has maintained a thriving and healing practice for more than 10 years.

Services

- Weekly Visioning Circle in Alameda, CA
- Spiritual healing sessions
- Visioning Sessions, Vision Circles, and Vision Teams
- *Vision Your Destiny*- CD and Journal

Business Hours

Call for appointment

Contact Information

Rai Jordan, RScP

Phone: (510) 682-1076

Website: www.highervisioncenter.org

Wholistic Health Resource Directory

Shantam Nityama, Tantric Master

Humanity has reached a point of necessity where we need to quickly change many of our old, subconscious patterns. Conscious sex is the most direct way to transform our subconscious programming. Nityama is a master with more than 20 years experience in Tantra, Reiki, Polarity Therapy, Body Talk, and Advanced Medical Qi Gong. He has been a disciple of Tantric Master Osho for more than 25 years.

Services

- Consultations for men, women, and couples
- Mentoring programs for men
- Energetic phone sessions for women
- Workshops and speaking engagements

Business Hours

By appointment

Contact Information

Shantam Nityama

Phone: (415) 456-5058

Email: nityama@nityama.com

Simplexity- Simple Truth, Complex Realities



Critical Mass HC #340

Mutima works is to continuously improve the quality of training, evaluation and educational models and methods for organizations and individuals by removing emotional, mental, and spiritual blocks and retrieving lost parts of ourselves to experience our natural wholeness.

Services

- Team building
- Visioning for organizations and individuals
- Spiritual coaching
- Rite of passage programs

Business Hours

By appointment

Contact Information

Mutima Imani, MPA

Phone: (510) 205-4069

Email: mutimaimani@sbcglobal.net

Website: www.mutimaimani.com

Wholistic Health Resource Directory

The Wright Resort



Critical Mass HC #95

A Body Mind Spirit Wellness Center where we empower you to enrich your life!

Services:

- Salons (Body Mind Spirit workshops and retreats)
- Spa days for pampering and relaxation
- Wellness coaching and nutritional products
- Alter making consultations
- Harmony with nature walk
- And more to transform your life from the inside out

Business Hours

By appointment

Contact Information

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Email: wrightresort2006@comcast.net

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