



For Immediate Release:

The Antara Center (www.antaracenter.org) and Honorary Event Chairman Dr. Arthur R Cushman announce the first annual fundraiser, "A Bridge of Healing and Transformation" (www.antarabridgeevent.org) Saturday, November 14, 2009 at The Factory in Franklin in Jamison Hall from 5:30 to 10 p.m. There will be good food, an oxygen bar and practitioners from thirteen complimentary healing modalities giving samples and providing education. The Key Note speaker will be Dr. Arthur Cushman, Board Certified Neurological Surgeon. Entertainment will be provided by Richard Hite (www.richarddhite.com) with his amazing Tibetan Gongs and the musical sensation of the Pacha Mamas (<http://www.myspace.com/pachamamas3>). Tickets available at 615 227 3008 or at <http://antaracenterbridge2009.eventbrite.com/?ref=ecount>.

CEO and Founder, Janice Mickle and Dr. Cushman are available for interview prior to the event.

Call 615 957 3809 for a press pass to the event.

About Antara Center

Antara Center is a non-profit organization that has been providing education and holistic health services in the Middle Tennessee area for 5 years. Founded by Janice Mickle in 2004, it has empowered over 3000 people in the Nashville with education about and access to complementary health services and ancient wisdom teachings.

ANTARA CENTER MISSION:

To empower all people to be healthy and well by creating a healing community through the use of integrative and holistic health care, education, networking and service.

ANTARA CENTER VISION:

Antara Center is a progressive healing center that provides a safe and sacred place for all to go within to Seek the Source and Refresh the Spirit. Antara Center strives to become the leading center in the Southeast for integrative healing, retreat, and spiritually-based education. *(The name Antara is from the Sanskrit meaning from within, from the heart.)*





Enjoy the Healing sounds of Richard Hite's Tibetan Gongs

Richard Hite is a visionary educator and health care integrationist who has pioneered bringing alternative health care into mainstream medicine since 1987, when he began providing yoga therapy to hospitalized patients in Houston, Texas. Since that time, his primary mission has been to introduce and advance the practice and philosophies of holistic care and education to health care professionals and to lay persons. For more than a decade, working with geriatric, trauma and chronic pain patients in different clinical settings, Richard repeatedly demonstrated how attention to the delicate interaction between mind-body-spirit successfully promotes patient healing and how centuries old concepts can be used for easier maintenance of good health and an active lifestyle well into our older years. Using skills developed through more than thirty years of teaching, training, and professional speaking he has inspired and motivated thousands to create holistic healthy lifestyle changes.



Pacha Mamas performances include movement and improvisation (Interplay style, see www.interplay.org), but it is the music that drives them, singing and playing primarily their original songs. Music that can't be neatly categorized due to the fact that the styles they use are as diverse as their backgrounds ranging from those that are a cappella and accompanied by African drums to tunes that might have come from a Broadway show. What they all have in common is chiming harmonies and upbeat themes, many spiritual in nature. It is their intention to create a celebration of what is good in the world by emphasizing the things that connect and empower us all.

combine to resonate the body, almost like a massage from the inside out.

Bowen Therapy

with Nancy Telford and Dr. Deanna Naddy

Bowen is a simple and powerful technique that helps relieve all kinds of pain, it is so gentle that it can be used on anyone, from newborn infants to the elderly. The Bowen Technique is not massage, acupuncture or chiropractic. There is no manipulation, adjustment or force used. The practitioner uses thumbs and fingers to gently move muscles and tissues. In between each set of moves, the practitioner leaves the room. These pauses and the gentleness of the treatment are what make Bowen unique. It offers rapid, long-lasting relief from pain and discomfort. Most conditions respond within 2-3 treatments.

Chair Massage

with Gaby La Vone, LMT, MQP

Chair Massage: Used for overall stress relief, improvement of circulation (areas worked: head (optional), neck, shoulders, arms, hands and back - depending on the time allotted).

Chiropractic

with Brandon Jenkins

Conscious Breathing

with Binji Elder

The miracle of our own breath is a powerful avenue for healing and awakening. Conscious Breathing is a transformational process which assists us in living the life we truly desire. It helps to clear out toxicity on all levels: physically, emotionally and mentally and helps us to experience a deeper knowing of our authentic self. It promotes deep relaxation/ stress management, more restful sleep and mental clarity leading to an overall sense of well-being and increased spiritual awareness.

Cranio-Sacral Therapy

with Rosanna Taylor

Cranio-Sacral Therapy (CST) is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

Electrodermal Testing

with Richard Hall, CHF; White Hawk Health

In my natural health practice, I am committed in assisting my clients with their efforts to achieve and maintain wellness. My work involves the use of electro dermal screening in combination with nutritional, herbal, homeopathic, and other natural means. I respect the

Medical Qigong

with JMichael Wood, MMQ, PBMC, OBDS, Sarah Cherry, MQT and Gary Hoffman, MQP

Qigong (pronounced chee-gung) is a word that means energy skill. It is a Chinese system of postures, exercises, breathing techniques, and meditations used to improve one's qi (energy field, Life Force Energy). Medical Qigong can be a personal practice or you may experience the benefits from a trained Qigong therapist.

Psychological Kinesiology or Psych K

with Gene Skaggs

Psychological kinesiology is a therapy that heals the emotional and mental aspects, as well as the physical self. Psychological kinesiology evaluates health based upon muscle responses. Allowing the client to set his or her personal healing regimen, psychological kinesiology also enables a client to choose the best therapy that will achieve the most productive healing outcome.