



At Home-LA we are proud to be offering ketamine assisted psychotherapy (KAP), and have seen some powerful transformative healing.

**Home-LA is partnering with WeCare/CleanSlate**

Together we are putting forth a 501c3 effort to create accessible care in a sustainable way and if you want more information please check out our website.



# Spring Workshops

Join us this spring to continue your exploration of self and community. Some sessions are online, and some in-person. One for clinicians only and others open to all.

## Workshops for All



**Meridian Informed Yoga Workshop** - Dr Nadia Ramo (see bio on website)  
Dr Nadia Ramo is a licensed acupuncturist and trained yoga teacher that has woven the two systems together in a yin yoga class. While laying in poses, Nadia teaches about the meridians (acupuncture channels) we are stretching open, including the emotional and energetic associations with that particular channel. Meanwhile, being guided into visualizations of clearing open your physical and energetic anatomy. You will leave this class feeling stretched open and educated into the Chinese Meridian System offering insights as to why a particular emotion/trauma may be held in a specific part of the body.

**Wednesday, May 10th 7:00 pm - 9:30 pm, in person, \$40**



**Finding Your Inner Joy** - Sue Merlino (See bio on website)

Have you lost site of Joy and Happiness in your life. This 4-week virtual formatted class will help you develop and re-frame your thoughts around finding joy in your life.

Have you developed limiting beliefs? What are they and how do you stop believing a story that have created? Learn how to reframe your thoughts to be more supportive and positive and begin to feel joy and happiness again.

**Saturdays, 4-sessions on Zoom, May 6 - May 20, 8:00 am - 9:00 am  
\$120**

## **Intro to Meditation** - Jennifer Stone, AMFT, MSc

*Discovering Mindfulness - A Mindfulness Meditation Workshop for Beginners*



Expand your capacity to see, learn and grow as an individual by discovering the power of listening. You will experience periods of guided instruction in a number of meditation practices, silent exploration, and collective inquiry and dialogue. Cultivate deep awareness, discover brain facts that explain the power of mindfulness and develop resources to feel more alive.

**Sunday, May 7th at 10:00 am - 11:30 am, in person, \$40**



## **Grief Workshop** - Dr. Eva Altobelli (see bio on website)

Grief and loss are natural parts of our human existence. Grief is an initiation of sorts--once you have had the experience you are forever changed. Grief can be primitive in nature and intensity. It can feel challenging to find places that will be safe containers for that level of feeling, so we minimize it, rationalize it, shame it, ignore it... We don't welcome it in as a part of our human experience.



Grief is not just born of the death of a loved one, it is experience with the loss of relationships, jobs, and the loss of the potential of a life lived in a way different from what we expected. This workshop is an invitation to explore grief as an individual and a community.

**Saturday, May 20th, 12:00pm - 2:00pm, in person, \$40**

**Shamanism 101 and Experiential** - Amanda Foulger (see bio on website)

**One day workshop:**

This is an introduction to the practical use of contemporary Shamanism in in this time. A full day workshop beginning with an introduction to contemporary Shamanism followed by experiential shamanic drum journey and integration with the esteemed Amanda Foulger.



Across cultures shamans have discovered that there is another reality and this other reality has spiritual resources for help and for healing, guidance and growth. All beings have a soul and spiritual aspect of themselves along with the physical and emotional-It is part of our basic equipment. The integration of all parts can be very useful to us in health, healing and growth. Join us and learn to travel to and navigate new realms. **Saturday June 3rd 10am-4pm, in person \$125**

## For Clinicians Only

Ketamine assisted psychotherapy (KAP), is a healing modality that is helpful for a wide range of conditions from addiction to depression and more. Please reach out if you would like to explore how to collaborate with us to help your clients.



**Brainspotting Workshop** - Andrew Susskind, LCSW, SEP, CGP

*Restoring the Wisdom of the Nervous System through Brainspotting and Emotional Resilience*



Attendees will learn how Brainspotting helps clients with a history of trauma and addictive, compulsive behaviors. Addiction thrives on isolation and secrecy, and this presentation explores how Brainspotting alleviates suffering related to such issues as lingering grief, unresolved shame and nervous system dysregulation. 90-Mins

**Saturday, 6/17 10:00-11:30 \$20, in person (supports our 5013c mission)**

## **Clinician Experiential** - Dr. Eva Altobelli (Bio on website)

Home-LA offers experiential sessions to clinicians interested in understanding the ketamine assisted therapeutic process. Our goal is to strengthen the alliance within the therapeutic community. The format is two group meetings and one individual meeting for clearance. The individual clearance appointment can be booked in advance of the first session.



**Group Meeting #1:** 2-hour virtual, informative, Q&A , preparatory session. This gives us the opportunity to connect, discussion intentions and prepare for the journey ahead.

**Group Meeting #2:** 3-hour ketamine administration meeting. This begins with a check in to reconnect and reorient ourselves to the space, the intention and the group. We then drop in with a grounding meditation to arrive into the space together, followed by ketamine administration and psychedelic sound track. When we ‘return’ to the room and our bodies we begin our group integration with a cup of warm tea.

**Meeting Times: TBD please contact [info@home-la.com](mailto:info@home-la.com), Hybrid \$850**



## BOOKING INFORMATION

**All classes can be booked through our website:  
Home-LA.com > Bookings > Mind, Body & Spirit >  
Book Now >**

or contact Sue @ 424-877-1333 or [Sue@home-la.com](mailto:Sue@home-la.com) for any information or if you have any questions.