

This directory consists of listings that describe a service, product, or training. If a listing interests you, don't hesitate to contact the advertiser to learn more about what they are offering. Ask about their credentials and experience, and how their service or product might benefit you. The wonderful folks who list here are always happy to talk with you about what they do and why.

How to Advertise in the Resource Directory

Resource Directory listings are easy to write and area great value. Write as you would speak to a friend about your work or product. We will size your photo and/or graphic.

The first 60 words are \$79.00 for a one time insertion. That's two months of advertising - or only *\$39.50 a month*, and includes photo and/or graphic. Each word is \$.89 thereafter with a max of 85 words. There is a one-time setup charge of \$15.00 for graphics preparation. Price also includes free listing on Enjoy Whole Health website and hot link to your site.

You can pay even less per issue by signing an annual contract and by bundling other services. Call for more information Austin: 512-788-9127; San Antonio: 210-272-0731 or toll-free 866-490-3662, or you can always send your e-mail to: info@enjoywholehealth.com. **The submission deadline for the July/August issue is May 15.**

Animal Communication



Val Heart

AnimalTalk: Improve Your Pet Life! Are you: Having difficulty with your animal friends, their behavior, training, health or performance? Struggling with your own health issues? If you answered "Yes!" to any of these questions, you've come to the right place. I specialize in helping people get 'unstuck' and move forward -- with their animals and in their own lives. I help animals but I also help YOU regain your balance and sanity! Val Heart, Relationship Coach for People & Animals Group Coaching Calls, Free Happy Pet Tips & eNewsletter. Call 210-863-7928, or on the web: www.valheart.com

Coaching & Counseling



Kate Bares-Johnson



Soul Integration Therapy - Awaken your Soul...transform your life! Intuitive Guidance, Counseling, Spiritual/Life Coaching, Soul Integration Therapy®, Past Life/Childhood Regression Therapy, Codependency Recovery and more. Private Sessions, On-going Classes, and Retreat Intensives for individuals and couples. Phone sessions available. For more information contact Kate Bares-Johnson at The Center for Well-Being, 512-249-5683 or on the web: kate@thecenterforwellbeing.com or www.thecenterforwellbeing.com

Chiropractic



John Coppola,
D.C.

Precision Sport & Spine is a cutting edge sports therapy clinic specializing in Chiropractic Care, Spinal Decompression and Nutrition. We offer safer alternatives to drugs and surgery. Among the benefits our patients experience are pain relief, increased energy, increased performance in sports and in everyday living. Live your life to its fullest by rebuilding your body and restoring your health through cutting edge sports therapy, nutrition and exercise. Located at 11306 Sir Winston Drive, San Antonio, TX, 78216. Call 210-693-0291. E-mail: info@bodiesrebuilt.com or on the web: www.bodiesrebuilt.com

Dentistry



John C. Guidry,
D.D.S

John Charles Guidry, DDS, MS 210-692-9140 General Holistic Dentist. Services include: Composite (white) fillings, crowns, bridges, implant supported crowns and bridges, dentures, partials (removable bridges) gum therapy and TMJ appliances. Address: The Vistas, 4242 Medical Drive, Suite 7325, San Antonio, Texas 78229 See our web page: www.drguidry.com

Feng Shui



Alison
Shockner

Feng Shui Works. I believe that Feng Shui must come from within the individual. All my workshops and consultations are founded on the principle of listening to your own internal compass, and not to a set of arbitrary rules. Having facilitated workshops for 25 years, I specialize in creating tailor-made classes or consultations which are both instructive and fun. I provide home and business consultations, also space clearing and geomancy. Alison Shockner. Call 210-732-7439, or send your e-mail to: www.fengshuiworks.com.

Healing & Bodywork



Kathleen McBride

Kathleen McBride, CERTIFIED ROLFER. Feel yourself whole, healthful and dynamically in tune with forces that modern day life and/or trauma too often ask us to swim against. Experience improvements in Posture, Alignment, Aches, Pains, Flexibility, Athletic Performance, Stress and Emotional Health that may be due to stress, strains, traumatic injury or simple everyday life. Contact Kathleen at: rolfinginthecountry@gmail.com or Call 210-317-4242.



Jayne Morgan-Kidd

Energy work using Emotional Freedom Techniques, an 'emotional version of acupuncture' (no needles). Balances the body's subtle energies, clearing emotional distress and related physical symptoms. Involves focused thought and tapping on energy meridians. Experienced EFT Practitioner and Licensed Professional Counselor. Personal sessions and classes. Jayne Morgan-Kidd (210) 525-9605 On the web: www.jaynemorgankidd.com

Hypnosis



Ed Benjamin

HYPNOSIS WORKS! Ed Benjamin, Certified Hypnotist. Smoking, Weight, Past Lives, Study Skills, Meditation, Prosperity, Golf, Stress Management, and more. 210-824-3535. Ed Benjamin, Certified Hypnotist, 1747 Citadel Plaza, San Antonio, Texas 78209. www.edbenjaminhypnosis.com.



Briana Brooks

Briana Brooks is a noted holistic practitioner in the San Antonio area. She is a certified hypnotist, Reiki master practitioner and gifted angel psychic and medium. Get the help you want and the answers you need. Call Briana Brooks at (210) 365-1400 or visit www.brianabrooks.com

Learning Centers



Unlimited
Thought Life
Enrichment
Center

Unlimited Thought Life Enrichment Center is a full service specialty bookstore and learning center. We offer classes daily, Body-Mind-Spirit Fairs monthly, intuitive counseling (readings), massage therapy, and energy work. We stock the Southwest's largest assortment of books, CDs, and DVDs on spirituality and metaphysics, plus crystals, candles, oils, incense, music CDs, cards, and gifts. 5525 Blanco at Oblate. 210-525-0693. www.unlimited-thought.com

Nutrition



Beverly Meyer

Beverly Meyer and the Diet & Health Center provide a naturopathic approach to health, specializing in customized diets, and professional grade vitamins, herbs and homeopathics for people and pets. In practice since 1988, Beverly offers classes on nutrition, the body-mind connection, muscle-response testing, animal health and more. The Diet & Health Center, 906 E. Basse Rd., Suite 101, near Basse and San Pedro. 210-826-0034 or www.dietandhealthcenter.info

Psychology, Counseling & Growth

Joan Wells, LPC

Joan Wells, L.P.C.. Specializing in counseling for abusive relationships, rape and incest survivors, crime victims. 210-203-2057

Jayne Morgan-Kidd LPC

Jayne Morgan-Kidd, Emotional Freedom Technique - see listing above.

Reiki



Briana Brooks

Briana Brooks is a noted holistic practitioner in the San Antonio area. She is a certified hypnotist, Reiki master practitioner and gifted angel psychic and medium. Get the help you want and the answers you need. Call Briana Brooks at (210) 365-1400 or visit www.brianabrooks.com

Spiritual Practices & Intuitive Arts



Sasha White

Psychic/Medical & Mediumship/Past Lives Private Sessions. Profound Psychic and Medical Channeled Readings including Alignments to the back and many instant healings with Sasha. In person/phone. All questions answered. When Sasha puts people on the table, she has a profound way of going right to the pain as healing takes place through the Sound Current with angels in her body. Sasha is also a Prophet, Medium, and Teacher of the Light. She teaches metaphysicians to channel and receive the Crown so they can hear their own Voice within. Ascension classes. 512-278-0559. www.sashawhite.com. sasha@sashawhite.com.

Schools, Classes & Workshops



HYPNOSIS TRAINING. Moore Inspirations Professional Hypnosis Certification Program. Register Today! Fifteen day full certification and five-day short course for medical professionals now available. For details, contact Kathy Moore at 210-735-6766 or see www.mooreinspire.com. Video classes also available. SAWC's Learning Addition is OPEN!! Offering holistic wellness on-going classes, weekend workshops, and support groups. Wide variety of topics, including: achieving financial freedom, finding your dream career, support for weight loss, divorce, dance, Reiki, drumming, EFT, meditation, manifesting abundance and much more.

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