

## ABOUT L7 SUMMER PROGRAM PROVIDERS AND OFFERINGS

### **KAISA LOPES, PHD, L.AC.**

**Dr. Lopes is a Doctor of Chinese Medicine, a licensed Acupuncturist and a clinical nutritionist.**

#### **Offerings to L7's Cerebral Palsy Summer Program:**

##### **Acupuncture**

**NSAT (Neuro- Sensory Acupuncture Technique):** acupuncture combined with Neuro-sensory massage and movement

##### **Nutrition Consultations**

##### **Micro-current Light Therapy**

#### **Potential Benefits of Offerings for Cerebral Palsy:**

Increase in brain communication between both left and right hemispheres.

Decrease in spasticity

Increase in range of motion

Boost immune system

Improved swallowing

Improved bowel movements

Better quality of sleep

Calm and happy disposition

*“It is my absolute honor and pleasure to help other children and their families who are affected by Cerebral Palsy. I am more than happy to donate my time to such a wonderful endeavor.”*

**Dr. Lopes is donating her time to the L7 CP Summer Program because:** *“I practice acupuncture and nutrition at Lotus 7 and have quite a large pediatric patient population. My interest in neurological imbalances (particularly in children) peaked after the birth of my daughter, Gabrielle. She was born 3 ½ months premature and suffered many health complications due to this event. She has a severe case of Cerebral Palsy and has been my very special patient for the last four years. It is my absolute honor and pleasure to help other children and their families who are affected by Cerebral Palsy. I am more than happy to donate my time to such a wonderful endeavor”*

#### **Fun Facts:**

Dr. Lopes is fluent in Spanish and Portuguese and is a volunteer acupuncturist at CHOC Hospital.

## **MALAURIE BARBER , RYT**

**Malaurie is a massage therapist and yoga instructor.**

### **Offerings to L7's Cerebral Palsy Summer Program:**

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*“I grew up with two handicap siblings and I am really familiar to the heartache and stress families of handicapped children go through... With NSAT I believe we can help children with CP gain more range of movements, maintain muscle tone and attain better coordination.”*

### **Malaurie is donating her time to the L7 CP Summer Program because:**

*“ I grew up with two handicap siblings and I am really familiar to the heartache and stress families of handicapped children go through. I have been working on children with disabilities from batten disease to Cerebral Palsy for over 4 years. With NSAT I believe we can help children with CP gain more rage of movements, maintain muscle tone and attain better coordination”*

### **Fun Facts:**

Malaurie is the co-creator of NSAT practice. Aside from this she is specialized in practices related to deep tissue, sensory repatterning and structural integration. She is also a provider of cranio sacral, reiki, and sports massage.

## **SIRI SMITH, DC**

**Dr. Siri's primary practice is Chiropractic Care.**

### **Offerings to L7's Cerebral Palsy Summer Program:**

Gentle, non-force chiropractic techniques to perform spinal adjustments, which aid the body toward a more normal position and function.

### **Potential Benefits of Offerings for Cerebral Palsy:**

Improvement in activities of daily living including mobility, feeding and postural control

Improved changes in coordination, gait, sleeping and appetite

*“My joy comes from helping people and seeing miracles happen.”*

Changes in posture and mental attitude

**Dr. Siri is donating her time to the L7 CP Summer Program because:**

*“I have been a chiropractor for 28 years and love what I do. My joy comes from helping people and seeing miracles happen”*

## **PATTIE MEYERS**

**Pattie Meyers is a certified practitioner of reflexology.**

**Offerings to L7’s Cerebral Palsy Summer Program:  
Reflexology sessions including feet and hands**

**Potential Benefits of Offerings for Cerebral Palsy:**

The benefits of reflexology for people living with CP (PLCP) to date have not been recorded. The practice will vary from client to client, and will be offered to interested caregivers as well as PLCP. Typically, reflexology is known to help in the following ways:

- Release stress and tension
- Relief of chronic pain (in some instances)
- Improves circulation
- Promotes self healing
- Maintain wellness
- Generates sense of well-being

**Pattie is donating her time to the L7 CP Summer Program because:**

*“Being a survivor of numerous medical conditions, I have learned how to listen to my body and its’ information for me. I have also learned how important it is to get the body to relax so it has the opportunity to take care of what it needs to take care of. Reflexology has the ability to bring a person to that ‘AHHHHHHHH’ state of being which in today’s society is considered ‘Pampered’ or ‘Indulgent,’ however this is the far from the truth. When your body is in this state it is no longer using large amounts of energy just ‘keeping you alive’ and so has the capability to go inside and take care of what it needs to take care of”*

*“Being a survivor of numerous medical conditions, I have learned how to listen to my body and its’ information for me. I have also learned how important it is to get the body to relax so it has the opportunity to take care of what it needs to take care of”*

**Fun Facts:** Pattie is a 3-time breast-cancer and brain surgery survivor. She is outspoken about the process of healing and works volunteering her various talents at non-profit organizations.

## DANARENE TIZENOR

**Danarene is a hypnotist and professional dancer.  
Her primary practice is Dance – Movement Meditation.**

### **Offerings to L7's Cerebral Palsy Summer Program:**

Hypnosis  
Music & Movement

### **Potential Benefits of Offerings for Cerebral Palsy:**

#### **Hypnosis can help with:**

Pain Management  
Muscle Control  
Improved (deeper) Breathing  
Improved Eating and Swallowing  
Relief of Insomnia/Better Sleep  
Manage/Reduce Anxiety  
Improved Self-Esteem & Self-Confidence  
Anger Management  
Relaxation  
Stress Reduction

#### **Music & Movement:**

Music Appreciation/Participation  
Freestyle Movement  
Body Awareness/Freedom & Control  
Musical Expression/Experimentation

While hypnosis is directed at dealing with specific issues, in a group or individual format, the music and movement sessions are mostly about having fun by engaging the body-mind in a playful way. The class is designed to provide greater awareness of the therapeutic benefits of creating sound and allows each individual to tap into his or her own innate sense of rhythm.

### **Danarene is donating her time to the L7 CP Summer Program because:**

*“What I hope to contribute through hypnosis is providing useful tools and techniques that can help people with CP manage some of the associated symptoms. Post-hypnotic suggestions can help uncontrolled movements, control pain, promote relaxation and promote deeper (more complete) breathing. I look forward to working with the children and having fun!”*

### **Fun Facts:**

Danarene is also a certified massage therapist, yoga teacher, and ordained minister.

*“What I hope to contribute through hypnosis is providing useful tools and techniques that can help people with CP manage some of the associated symptoms.”*

## JESSICA CORBIN, RYT

**Jessica is a Yoga Instructor and Thai Yoga Massage therapist.**

### **Offerings to L7's Cerebral Palsy Summer Program:**

Yoga for Caregivers  
Thai Yoga Massage for CP patients and their families

### **Potential Benefits of Offerings for Cerebral Palsy:**

Improved circulation and flexibility  
Emotional and nervous tension significantly reduced  
Increase in vitality and sense of well-being

*"I am donating my time to the CP program because I have been blessed in my life and have been looking for a way to use my gifts to give back."*

**Jessica is donating her time to the L7 CP Summer Program because:** *"I am donating my time to the CP program because I have been blessed in my life and have been looking for a way to use my gifts to give back. "*

### **Fun Facts:**

Jessica is also a certified personal trainer. After a successful career as a cross country and track athlete for UCLA, she found Yoga as an ideal way to counteract the stress that competitive athletics, and life in general, can have on the body and mind. She began practicing Thai Yoga Massage years later as a means to help yoga students get deeper into their postures in a safe restorative fashion. Thai Yoga Massage is a blend of massage, acupressure, energy work, and gentle yoga stretches. The client wears comfortable clothing and lies on the floor on a soft mat. It can be thought of as lazy yoga with a massage on top. Jessica infuses each experience with a principle called metta or loving kindness. When transmitted and received successfully metta has the power to transform the experience from a physical body balancing technique into an inner healing for the soul.

## TIM SENESI, RYT

**Tim is a yoga instructor and his primary practice is within the tradition of Iyengar.**

### **Offerings to L7's Cerebral Palsy Summer Program:**

Yoga for Caregivers

### **Potential Benefits of Offerings for Caregivers:**

Tools for healing the body and mind  
Concentration and mental focus/clarity  
Reduced Stress  
Releases tension in physical body through increasing flexibility

*"Practicing yoga changed my life, so however I can pass it on I am thankful to do so."*

**Tim is donating his time to the L7 CP Summer Program because:** *"I teach yoga. Practicing yoga changed my life, so however I can pass it on I am thankful to do so. I am*

*not certified to teach people with Cerebral Palsy, nor do I have any experience, but I want to help in some way and helping those who help others is one way to do that”*

## **KAREN SPARKS**

**Karen is a Licensed Esthetician her primary practice is essential skin care.**

### **Offerings to the L7’s Cerebral Palsy Summer Program:**

Male and female facial waxing (eyebrow design, lip, ears, nose and eyebrow trim)

45 minute European Facial Massage Treatment with essential oils

25 minute Quick exfoliating treatment (glycolic acid or pumpkin enzyme)

15 minute Hand & Arm Massage

*“I am donating my time. Services and products to the L7 Summer Wellness Program mainly for the caretakers and immediate family because I feel they need rest and rejuvenation.”*

### **Potential Benefits of Offerings for Cerebral Palsy:**

Services are offered to caregivers and immediate family only. They are meant to support relaxation and rejuvenation in a caring and tranquil environment. This will allow caregivers and family members to take time for themselves to relax.

**Karen is donating her time to the L7 CP Summer Program because:** “I enjoy helping other people, I am the most content and at peace when I am helping others. I am donating my time. Services and products to the L7 Summer Wellness Program mainly for the caretakers and immediate family because I feel they need rest and rejuvenation. They can have a chance to be the “receiver” in light of their constant giving. They need TLC just like the patients with Cerebral Palsy”

## **DIANE WITTE**

Diane is an Independent Executive of Sensaria Natural Body Care

### **Offerings to the L7’s Cerebral Palsy Summer Program:**

Foot Soaks

Hand Treatments

Aromatherapy Relaxation Treatments

Eye Treatments

### **How Diane is donating her time to the L7 CP Summer Program:**

“My name is Diane Witte and I have worked with Sensaria Natural Bodycare for 9 years. Sensaria’s natural-based skincare and body care products combine the best of nature and science to assure safe and effective results. Sharing this “best kept secret” and giving back to my community by giving the gift of “taking time out for you” to families and anyone that stops by L7 during the Summer Wellness Program will fulfill my purpose. It gives me great pleasure to donate 25% of all Sensaria sales to Cerebral Palsy.”