

Living Aloha

Sponsored by Lehualani Center

The Hawaiian word for love is "aloha," and can be literally translated as "the joyful sharing of life." Living aloha requires us to look inside, observe ourselves and make choices which promote positive movement. When we increase the flow of love and joy in ourselves, we can shed our fears and self-doubts, and increase our confidence, spontaneity, and creativity by living life more fully. By increasing the flow of love and joy to ourselves, we can establish healthy, nourishing relationships with effective boundaries.

In this highly empowering three-hour workshop, Sarah Kawahinekōmakaninani Williams Psy.D. will explore the profound, age-old wisdom, knowledge and power of aloha and how to "live aloha" every day. The workshop includes guided meditation, art, lecture and discussion.

Sunday, September 27

9 am-12 pm HST

(12 pm-3 pm PST, 2 pm-5 pm CST, 3 pm-6 pm EST)

Fee: ~~\$60~~ - \$40 Discounted Minimum Donation

Registration deadline: Wednesday September 16

Limited Spots Available!

You will get the Zoom code when you registered

Contact Nani at sarahwilliamspsyd@gmail.com to Register

Sarah Nani Williams, Psy.D.

Sarah Kawahinekōmakaninani Williams PsyD is the director of the Lehualani Center, a licensed clinical psychologist, a published author, and a Hawaiian Energetics Master Level Practitioner. She received her Doctorate in Psychology (PsyD) from the Illinois School of Professional Psychology in Chicago and has successfully worked with children, adolescents, adults, and families since 1995. She is certified in Child and Adolescent Gestalt Play Therapy through the West Coast Institute and provides Gestalt Play Therapy trainings for colleagues. Dr. Sarah is EMDR certified and has extensive experience working with children and adults with trauma. Since 2005 Dr. Sarah has been studying Hawaiian Energetics, which originate from the ancient wisdom of the medical Kahuna. At the Lehualani Center, she provides Hawaiian Energetics treatments and Hawaiian Cranial Sacral Therapy. During a healing session, the creative force of Mana, the four elements (Fire, Water, Air, Earth) and aloha, are combined in a way and flow specifically for your healing. Physical, emotional, energetic, and spiritual healing is available for your renewal, equilibrium, and a sense of well being.

Dr. Sarah has presented numerous times throughout the United States and Canada at schools and conferences. Many of these presentations discussed anxiety, depression, embodied presence, learning disabilities, and Attention-Deficit/Hyperactivity Disorder (ADHD) in adults and children. She co-presented a Hawaiian Energetics lecture and gave treatments at the Autism Today Conference in Vancouver, Canada, with her kumu, Ed Kaleolani Spencer. Dr. Sarah has presented lectures and workshops on "Living Aloha" in Hawaii, Illinois, and Utah.

"Dr. Sarah's Aloha workshop taught me how to live Hawaiian - the guiding principles that lead to a more meaningful way of living. I learned to connect to the flow of energy that surrounds us, and access a more harmonious place within myself. Through guided meditation, group exercises, and art, I was able to discover a new way to open my heart and connect to the energy of life. It has helped me to rethink the way I approach obstacles in my life with a new philosophy of openness and ease."

--Jodi, a previous participant

