Menu of Services

ESALEN

MASSAGE AND HEALING ARTS

ESALEN MASSAGE AND HEALING ARTS

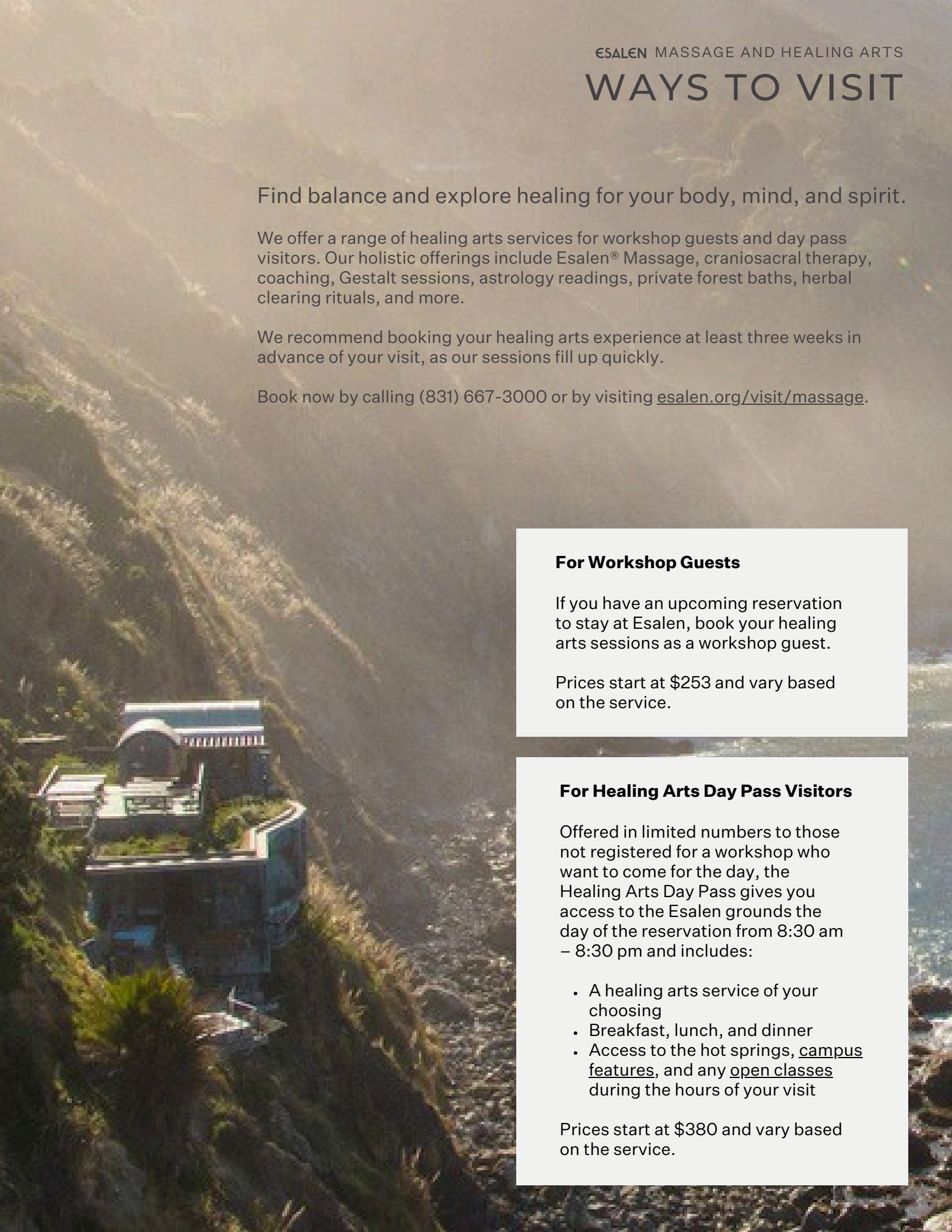
WAYS TO VISIT

Find balance and explore healing for your body, mind, and spirit.

We offer a range of healing arts services for workshop guests and day pass visitors. Our holistic offerings include Esalen® Massage, craniosacral therapy, coaching, Gestalt sessions, astrology readings, private forest baths, herbal clearing rituals, and more.

We recommend booking your healing arts experience at least three weeks in advance of your visit, as our sessions fill up quickly.

Book now by calling (831) 667-3000 or by visiting esalen.org/visit/massage.



For Workshop Guests

If you have an upcoming reservation to stay at Esalen, book your healing arts sessions as a workshop guest.

Prices start at $253 and vary based on the service.

For Healing Arts Day Pass Visitors

Offered in limited numbers to those not registered for a workshop who want to come for the day, the Healing Arts Day Pass gives you access to the Esalen grounds the day of the reservation from 8:30 am – 8:30 pm and includes:

- A healing arts service of your choosing
- Breakfast, lunch, and dinner
- Access to the hot springs, campus features, and any open classes during the hours of your visit

Prices start at $380 and vary based on the service.

Healing Arts Services Overview

Integrative Bodywork & Somatic Healing

For relaxation, nervous system regulation, and embodied awareness

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Craniosacral Therapy page 7
Craniosacral Unwinding page 8
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Energy & Subtle Body Healing

For emotional clearing, energetic balance, and inner alignment

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Jikiden Reiki & Chakra Balancing page 13
Magical Healing Rites with Crystals page 14

Mindfulness & Self-Inquiry

For insight, emotional integration, communication, and personal growth

Integrative Gestalt™ page 15
Relational Gestalt for Couples & Friends page 16
Private Breathwork page 17
Compassionate Coaching (Individual & Couples) page 18
Meditation: Training & Cultivating the Mind (Individual & Couples) page 19

Metaphysical & Archetypal Guidance

For perspective, meaning-making, and life navigation

Dream Work: A Path to the Soul page 20
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AstroSoma® page 22
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Intuitive Card Reading (Individual & Couples) page 24

Land-Based Ceremony & Nature Connection

For grounding, renewal, and reconnection with the living world

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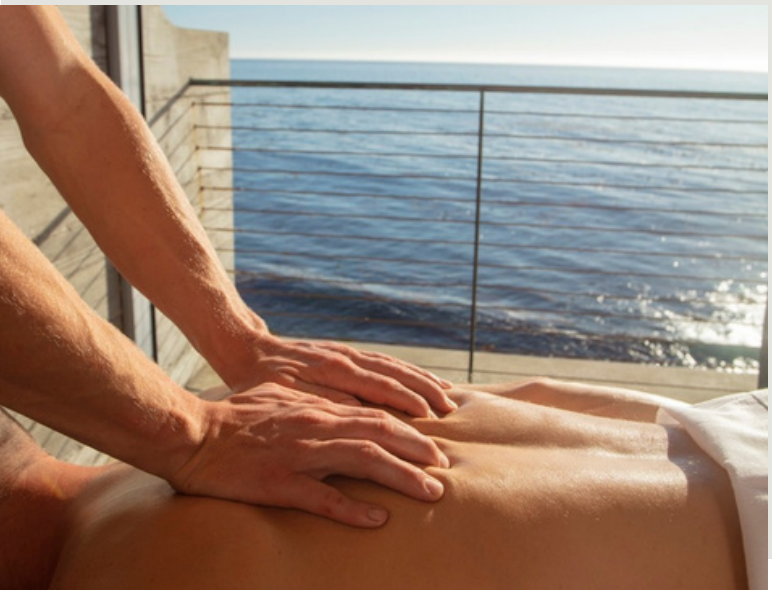
ESALEN MASSAGE AND HEALING ARTS

MASSAGE OFFERINGS



An inward journey of touch, presence, and deep listening

Developed at Esalen Institute in the 1960's, this whole-body massage invites you into a meditative state through long, flowing strokes, a slow pace, and intentional pauses. Esalen® Massage sessions encourage the body to soften, unwind, and return to balance. As awareness deepens, more specific or detailed work may be offered to support areas calling for attention.



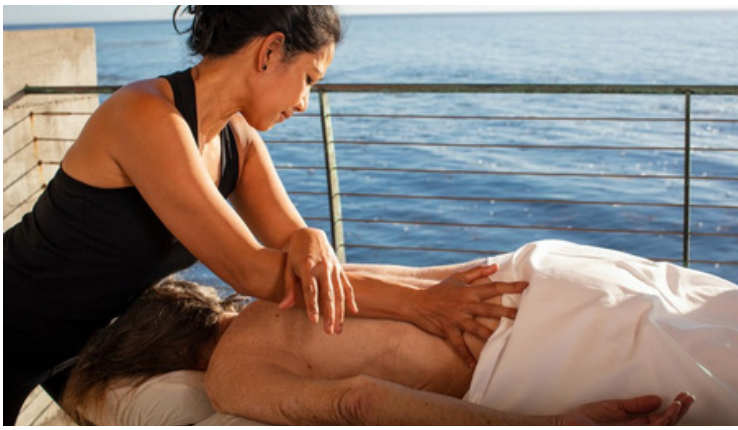
Our massages are 75 minutes long and take place in semi-private rooms at the Baths. Weather permitting, massages may also take place outside on the upper deck.

"I have never experienced anything like an Esalen Massage. It's a transcendental experience that words can't describe."
— Camille C.

ESALEN® MASSAGE

75 minutes
$274 – Workshop Attendee
$401 – Day Pass Visitor

Perched on the bluff above the ocean, and nestled beside the healing waters of Esalen's renowned natural hot springs, a deeply nourishing massage experience awaits you.



This session supports:

- Deep relaxation and nervous system regulation
- Release of physical and emotional tension
- Heightened body awareness and presence
- A renewed sense of balance and wholeness

Each session is offered by an experienced Esalen® Massage practitioner, bringing their extensive training, unique perspective, and presence to support your individual process. Learn more about our team of massage practitioners on page 29.

Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

ESALEN MASSAGE AND HEALING ARTS

ALTERNATIVE SERVICES



Micha Merrick at the Esalen baths.
Photo by Ami Sioux.

Gentle touch supporting the body's natural rhythms

CRANIOSACRAL THERAPY

75 minutes
$274 – Workshop Attendee
$401 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.



Using light, non-invasive touch, craniosacral therapy supports the subtle craniosacral system — the rhythmic flow of cerebrospinal fluid that influences the nervous system and overall wellbeing. Your practitioner works with you to release physical, emotional, and energetic tension and restore balance. Sessions are quiet, spacious, and deeply restorative.

Sessions are performed fully clothed. Soft, non-constrictive clothing is recommended.

This session supports:

- Nervous system calming and stress relief
- Improved clarity, rest, and emotional ease
- Support for physical and energetic integration
- A felt sense of grounding and safety

Practitioners:

Shae Cameron, Cindy Purdy

Each session is offered by an experienced Esalen Healing Arts practitioner, bringing their extensive training, unique perspective, and presence to support your individual process. Learn more about our team of practitioners on page 37.

Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

A subtle yet powerful return to balance



CRANIOSACRAL UNWINDING: RESTORING RHYTHM, RECLAIMING PRESENCE

75 minutes
$274 – Workshop Attendee
$401 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.

Alongside our breath and heartbeat flows a more subtle current: the craniosacral rhythm. Carried by cerebrospinal fluid, it nurtures our nervous system. When its flow is impacted by the stress of life's demands, we may feel foggy, anxious, or disconnected. Through gentle touch, presence, and deep listening, your practitioner works with you to soften, unwind, and reorient toward balance. Whether you're seeking rest, reflection, or subtle transformation, this session offers a return to your natural rhythm guided by the body's innate wisdom.

Sessions are performed fully clothed. Soft, non-constrictive clothing is recommended.

This session supports:

- Deep relaxation and nervous system regulation
- Emotional ease and mental clarity
- A sense of groundedness and spaciousness
- A return to embodied presence

Practitioner:

Jeremy Gross

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Listening to the body's unspoken language

GESTALT BODYWORK: AN OPEN TABLE SESSION

90 minutes
$286 – Workshop Attendee
$413 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.



Rooted in Gestalt principles of awareness, choice, and trust, this session creates time and space to listen deeply to what is present in the body. Through skilled and responsive touch, sensation, emotion, memory, and movement are welcomed into awareness — allowing new possibilities for integration and change.

Sessions are performed mostly or fully clothed. Soft, non-constrictive clothing is recommended.

This session supports:

- Greater body awareness and self-trust
- Integration of emotional and physical experience
- Relief from chronic holding patterns
- Increased vitality and ease

Practitioner:

Whitney Bell

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Cultivating connection through mindful touch



ESALEN® MASSAGE TEACHING FOR COUPLES & FRIENDS

90 minutes
$389 – 2 Workshop Attendees
$643 – 2 Day Pass Visitors

Meet outside the bookstore 5 minutes early to be guided to the location.

This experiential session offers an introduction to the principles of Esalen® Massage with an emphasis on presence, sensitivity, and connection. Guided by one of the original creators of Esalen® Massage, you'll explore how mindful touch supports intimacy, communication, and integration of mind, body, and spirit. Everyone is welcome to join, and no prior experience is needed.

This session supports:

- Deeper connection through touch
- Increased sensitivity and presence
- Tools to support relational bonding
- Confidence in offering and receiving touch

Practitioner:

Peggy Horan

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Restoring wholeness through Soul alignment

TRANSFORMATIONAL KINESIOLOGY – SOUL INFUSION

120 minutes
$325 – Workshop Attendee
$452 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.



Using muscle and energy testing, this session accesses deeper layers of the subconscious to reveal and transform unresolved emotional patterns. This is an interactive process rather than hands-on bodywork. Through guided visualization and balancing of subtle body structures, the work supports reconnection with soul-level alignment and purpose.

Please bring water with you to the session.

This session supports:

- Freedom from past emotional imprints
- Increased clarity, vitality, and joy
- Alignment to Soul
- Expanded awareness and consciousness

Practitioner:

Silvia Guersenzvaig

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A sacred space to go within



CEREMONIAL SOUND JOURNEY

90 minutes
For Workshop Attendees:
$303 (1 person) or $412 (2 people)
For Day Pass Visitors:
$430 (1 person) or $665 (2 people)

Meet outside the bookstore 5 minutes early to be guided to the location.

This session opens with a three-card tarot reading to illuminate current themes and awaken your own intuitive knowing. From there, you'll be guided through a sound healing journey featuring ethereal crystal harp, bowls, wooden flutes, hide drum, rattles, and a ceremonial array of sounds. This session invites you through different unique states of consciousness, shifting your perspective and connecting you to the wisdom of the earth.

This session is available for individuals or couples and friends.

This session supports:

- Ritual container for self-reflection
- Journeying to deep places within
- Releasing tension
- Energetic reset

Practitioner:

Micha Merrick

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Restoring balance and energetic alignment

JIKIDEN REIKI & CHAKRA BALANCING

90 minutes
$303 – Workshop Attendee
$430 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.



Rooted in the original Japanese lineage of Reiki, this hands-on session supports the body's natural healing capacity. Gentle touch, intuitive scanning, and optional use of crystals and oils help restore energetic flow and balance across the chakra system.

This session supports:

- Increased vitality and energetic balance
- Emotional calming and stress relief
- Times of transition
- A sense of alignment and inner ease

Practitioner:

Sheena Burnside

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Clearing the past and opening new pathways



MAGICAL HEALING RITES WITH CRYSTALS

90 minutes
$303 – Workshop Attendee
$430 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.

This ceremonial session focuses on releasing old wounds and supporting future intentions. Through crystal healing, guided focus, and energetic clearing, the work supports emotional healing and conscious manifestation aligned with your chosen area of growth.

This session supports:

- Release of emotional or energetic blocks
- Greater clarity and intention
- Heart-centered healing
- Personal transformation

Practitioner:

Sheena Burnside

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Awareness-based inquiry for integration, choice, and presence

INTEGRATIVE GESTALT™

75 minutes
$274 – Workshop Attendee
$401 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.



Integrative Gestalt™ is a relational, experiential approach that supports awareness of present-moment experience — including thoughts, emotions, sensations, and patterns of relating. Through guided inquiry, dialogue, and somatic attention, sessions invite clarity, self-trust, and meaningful integration, supporting you in meeting life more fully and authentically.

This session supports:

- Increased self-awareness and present-moment clarity
- Greater ability to recognize patterns of thought, emotion, and behavior
- Integrating emotional and somatic experience
- Increased self-trust, choice, and personal agency

Practitioner:

Perry Holloman

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Strengthening connection through conscious dialogue



RELATIONAL GESTALT FOR COUPLES & FRIENDS

90 minutes
$389 – 2 Workshop Attendees
$643 – 2 Day Pass Visitors

Meet outside the bookstore 5 minutes early to be guided to the location.

Developing clear and respectful communication skills is an important foundation for creating trust and strengthening any relational bond. In this session, your practitioner will work with you to resolve conflict and strengthen your relationship through learning the art of clear, respectful communication.

This session supports:

- Improved communication skills
- Greater relational trust
- Conflict resolution tools
- Stronger emotional bonds

Practitioner:

Perry Holloman

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Expanded awareness through conscious breathing

PRIVATE BREATHWORK

75 minutes
$274 – Workshop Attendee
$401 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.



Combining Hologenic™ Connected Breathwork with Integrative Gestalt, this session supports deep self-inquiry and emotional release. Your practitioner will guide you through cycles of 30-40 accelerated, targeted breaths followed by time to express through movement, words and sound what you are experiencing in the moment.

This session supports:

- Emotional release and clarity
- Expanded states of awareness
- Increased vitality
- Guidance for transformation

Practitioner:

Perry Holloman

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

A personalized path into presence



MEDITATION: TRAINING AND CULTIVATING THE MIND

75 minutes
For Workshop Attendees:
$274 (1 person) or $379 (2 people)
For Day Pass Visitors:
$430 (1 person) or $633 (2 people)

Meet outside the bookstore 5 minutes early to be guided to the location.

This session offers a space to slow down and drop into your personalized meditation practice. Enjoy a peaceful guided meditation and a dharma talk rooted in the wisdom teachings of the Buddhist tradition. Through deep listening, your practitioner offers a personalized approach to practice, along with teachings that invite more presence, clarity, and connection. Bring home tools you can apply in daily life to support calm, insight, and an awakened heart.

All experience levels are warmly welcome. No prior meditation experience is needed.

This session supports:

- Increased focus and emotional regulation
- Greater presence and inner calm
- Practical meditation tools
- Guidance for ongoing practice

Practitioner:

Isabel Fleury

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Somatic wisdom for heart-centered living

COMPASSIONATE COACHING AND MINDFULNESS MENTORING

90 minutes
For Workshop Attendees:
$286 (1 person) or $391 (2 people)
For Day Pass Visitors:
$413 (1 person) or $645 (2 people)

Meet outside the bookstore 5 minutes early to be guided to the location.



Rooted in mindfulness and embodied awareness, this coaching session invites you into a deeper connection with your values, your body, and your inner wisdom. Through personal inquiry, guided meditation, and teachings inspired by Buddhist psychology, we create a space for reflection, clarity, and integration.

Our work together supports self-regulation, emotional awareness, and deep honesty in the choices you are facing. By cultivating presence and compassion, you'll be better equipped to make decisions that align with who you truly are and how you want to live.

This session supports:

- Increased self-awareness and confidence
- Emotional resilience
- Alignment with values
- Life transitions

Practitioner:

Peggy Horan

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Exploring meaning through the unconscious

DREAM WORK: A PATH TO THE SOUL

75 minutes
$274 – Workshop Attendee
$401 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.



Dreams offer a living reflection of the psyche. In this session, you'll explore dream imagery and themes as gateways to insight, meaning-making, and deeper self-understanding.

This session supports:

- Insight into current life themes
- Emotional integration
- Access to unconscious wisdom
- Personal growth

Practitioner:

Isabel Fleury

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Mapping life patterns through the cosmos



ASTROLOGY READING

120 minutes
$325 – Workshop Attendee
$452 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.

This in-depth astrology session explores natal, progressed, and yearly charts to illuminate life themes, cycles,personal gifts and challenges, and soul development. This reading offers personal tools for life navigation, helping you adjust your creative compass towards greater understanding and wellbeing. The session includes time for reflection and questions.

Your birth information (date, time, and place of birth) and current city is required upon booking the session; email your information to openstars@icloud.com at least 24 hours before the appointment. Please bring a bottle of water to the session.

This session supports:

- Insight into life direction
- Understanding of recurring patterns
- Timing awareness
- Greater self-acceptance

Practitioner:

Silvia Guersenzvaig

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Somatic astrology for energetic integration

ASTROSOMA®

120 minutes
$325 – Workshop Attendee
$452 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.



AstroSoma® integrates astrology with body-based awareness and gentle energy and muscle testing to identify and transform subconscious blocks reflected in both the natal chart and the physical body. An interactive process rather than hands-on bodywork, this session supports deep energetic recalibration and remembrance of your essential self.

Your birth information (date, time, and place of birth) and current city is required upon booking the session; email your information to openstars@icloud.com at least 24 hours before the appointment. Please bring a bottle of water to the session.

This session supports:

- Energetic balance and vitality
- Insight into recurring life patterns
- Emotional release and clarity
- Soul-level integration

Practitioner:

Silvia Guersenzvaig

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Living consciously within cosmic patterns



ARCHETYPAL ASTROLOGY READING

75 minutes
For Workshop Attendees:
$274 (1 person) or $379 (2 people)
For Day Pass Visitors:
$430 (1 person) or $633 (2 people)

Meet outside the bookstore 5 minutes early to be guided to the location.

Your birth chart is a living map of archetypal forces shaping your inner world and life path. In this session, your practitioner will guide you through your chart to illuminate the core patterns, potentials, and cycles influencing your experience. Through an archetypal lens, astrology becomes a tool for deeper self-understanding, revealing the unique qualities you carry and how they may be consciously expressed in your life.

Your birth information (date, time, and place of birth) is required upon booking the session; email your information to isabelfleuryastrology@gmail.com prior to the appointment.

This session supports:

- Deeper self-understanding
- Insight into inner dynamics
- Emotional and spiritual integration
- Authentic living

Practitioner:

Isabel Fleury

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Insight through synchronicity and symbol

INTUITIVE CARD READING

90 minutes
For Workshop Attendees:
$253 (1 person) or $382 (2 people)
For Day Pass Visitors:
$380 (1 person) or $636 (2 people)

Meet outside the bookstore 5 minutes early to be guided to the location.



Tarot is an elegant system for self-reflection. Using a Jungian approach, this session explores your personal question with a full Celtic Cross reading, allowing the synchronicity of the cards to illuminate your answer from many perspectives. Through reflective listening, allow your own intuitive inner-knowing to be understood, welcoming clarity and direction.

This session is available for individuals or couples and friends.

This session supports:

- Perspective on life questions
- Clarity of purpose
- Intuitive insight
- Decision-making

Practitioner:

Micha Merrick

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A ceremonial return to natural wholeness



HERBAL CLEARING RITUAL

90 minutes
For Workshop Attendees:
$303 (1 person) or $412 (2 people)
For Day Pass Visitors:
$430 (1 person) or $665 (2 people)

Meet outside the bookstore 5 minutes early to be guided to the location.

This immersive ritual combines the magic of native herbs and flowers with bodywork and sound healing. You'll receive guidance on creating your own herbal poultice, creative sensory therapy with flowers harvested fresh from the Esalen garden, awakening reverence for the cycles of the earth. Then you'll experience a somatic herbal bodywork session with steam poultice bundles and the sweeping of fresh herbs on your body, while a variety of sound healing instruments facilitate shifting states of consciousness. This multi-sensory intersection of self-awareness, intention, touch, plants, and sound creates a container for transformation, an innately human ancestral healing experience. This session supports energetic renewal, grounding, and integration.

This session is available for prenatal guests, individuals, or couples and friends.

This session supports:

- Somatic embodiment
- Energetic and emotional clearing
- Connection with herbs and flowers
- Honoring life transitions

Practitioner:

Micha Merrick

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

A ceremonial honoring of your creative center

HERBAL WOMB RITUAL

90 minutes
$303 – Workshop Attendee
$413 – Day Pass Visitor

Meet outside the bookstore 5 minutes early to be guided to the location.



This session offers the support of herbs, flowers, warm herbal poultice abdominal massage, and reflective listening to somatically tend to your physical, emotional and spiritual wellbeing. It includes everything that you'd experience in our Herbal Clearing Ritual, with an in-depth focus on womb-related issues. This session is ideal for support postnatally (even years after giving birth), or at any time after miscarriage, trauma, loss, abortion, for womb health, fertility support, or return to sovereign loving connection with your own creative center, in harmony with the earth, supported by the elements and the plants.

This session supports:

- Emotional release
- Energetic clearing
- Grounding and integration
- Earth-supported sovereignty

Practitioner:

Micha Merrick

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Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

An immersive, land-based journey of presence and renewal



ALCHEMY FOREST BATH

120 minutes
For Workshop Attendees:
$325 (1 person) or $430 (2 people)
For Day Pass Visitors:
$452 (1 person) or $684 (2 people)

Meet outside the bookstore 5 minutes early to be guided to the location.

Find calm, clarity, and renewed connection through a private guided immersion in the healing landscape of Esalen. Set within the Esalen hot springs canyon, a secluded and private area of the property, the journey unfolds through a series of intentional invitations designed to help you slow down, calm your nervous system, and reconnect with your inner wisdom.

Blending ceremonial nature connection, guided meditation, sound healing, and reflective inquiry, this experience supports you in releasing stress, gaining perspective, and opening to your most authentic path forward.

This session is available for individuals or couples and friends. Please come prepared by bringing water and wearing warmer layers and supportive hiking/walking shoes with good tread.

This session supports:

- Stress release and grounding
- Clarity and renewed purpose
- Energetic and emotional clearing
- Guidance for life transitions

Practitioner:

Shana Fong

Each session is offered by an experienced Esalen Healing Arts practitioner, bringing their extensive training, unique perspective, and presence to support your individual process. *Learn more about our team of practitioners on page 37.*

Accessibility: Participants must be able to walk and maintain balance on rugged, uneven terrain and sit on the ground for periods of time. A waiver is required.

Weather policy: The session will take place in the Esalen hot springs canyon. In the event of unsafe conditions or inclement weather, an alternative location will be offered. We reserve the right to cancel sessions at any time due to lack of accessibility or unsafe conditions, such as extreme weather, wildfires, or trail closures. If the session is canceled for these reasons, a full refund will be provided.

Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Presence, wonder, and connection in the wild

PRIVATE GUIDED HIKE WITH WILDTENDER

150 minutes
For Workshop Attendees:
$325 (1 person) or $430 (2 people)
For Day Pass Visitors:
$452 (1 person) or $684 (2 people)

Meet outside the bookstore 5 minutes early to be guided to the location.



Photo by Marc Gabor

Based in Big Sur, Wildtender offers immersive wilderness programs that cultivate kinship with the natural world, explore earth-based wisdom, and nurture wholeness. Informed by Esalen's Gestalt tradition, guided hikes with Wildtender invite presence and meaningful connection with the wild. Immersed in the beauty of the Esselen tribal lands now known as Big Sur, we walk the trails to learn about—and directly from—the plants, animals, and landscape.

Hikes are available by request; please email massage@esalen.org to inquire.

This session supports:

- Sensory awakening
- Grounding and vitality
- Nature-based insight
- Renewed sense of belonging

Practitioner:

Noël Vietor, Fletcher Tucker, and Ali Goodman

Each session is offered by an experienced Esalen Healing Arts practitioner, bringing their extensive training, unique perspective, and presence to support your individual process. Learn more about our team of practitioners on page 37.

Mileage: 1.5–3 miles (depending on pace and preference), out & back

Difficulty: Gentle to Moderate (well-graded but steep trails)

Private booking with one guide for 1–2 guests. Timeframe includes a 10-min drive to/from Esalen. Guest(s) must have their own vehicle to caravan with the guide to the trailhead. Waiver & brief medical intake are required. Please see Wildtender's FAQ page for packing list, eligibility criteria, trail conditions, and more.

Price includes 18% gratuity for the service. You may add additional gratuity, if desired, at booking or checkout. All prices subject to change.

Massage Practitioner Bios

Anthony DiMaggio (He/Him)
During our session we will ride the presence of touch. Side by side, through mutual embodiment, we explore the intuitive language of no words. Using breath to interact with deep states of meditative relaxation, allowing the body to self organize, restore, and find its natural state of rest. In hopes of leaving you in a great sense of peace and tranquility.
Note: Comfortable with deeper work

Ashley Keith (She/Her)
My sessions are deeply nourishing allowing the mind, body and soul to completely relax. I incorporate a diverse range of modalities including Esalen® Massage, gentle stretching, reflexology, craniosacral and deep tissue. My body work is detailed yet fluid, dancing with the rhythm of breath and subtle awareness. Each session in a journey from within to help you discover and heal energetic and physical blockages. My passion is to assist in your healing process, offering a safe space to fully drop into your heart and go deep into the inner work.
Note: Comfortable with deeper work

Christopher Hatfield (He/Him)
Relax into my healing hands for a journey moving inward. Through rhythmic movement and releasing the deeper layers of fascia, I can lead you into a profound state of relaxation. In the year 2000, I began my training as a Holistic Health Practitioner in San Diego (IPSB college), specializing in Sensory Repatterning, Structural Integration, Shiatsu, and Trager work. As I continue to develop my practice, I feel honored to be in your presence.
Note: Comfortable with deeper work

Corinne Rollolazo (They/Them)
Corinne CTP, CMT (they/them) brings with their touch a lifelong passion of embodiment and self-inquiry practices in the pursuit of both self and community liberation. Drawing from their background as a musician, community herbalist, and yoga therapist, Corinne integrates rhythm, elements of nature and intuitive movement into their bodywork. The “depth” in their work is drawn with ease and slowness, not by force. They specialize in trauma-informed bodywork within their QTBIPOC communities. Corinne teaches Esalen massage in two of the most respected schools in SF Bay: McKinnon Body Therapy Center and the San Francisco School of Massage & Bodywork.

Massage Practitioner Bios

Daphne Jensen (She/Her)

I have been an Esalen massage practitioner since 2007, and this work is both an honor and one of my greatest loves. My work is a dance of slow long strokes, both gentle and strong, working with the rhythm of your body to allow deep relaxation. I will help create a safe and sacred space for your body to unwind and to receive the beautiful gift of touch.

Note: Comfortable with deeper work

DeeDee Dianne Pierce (She/Her)

DeeDee is a certified Esalen® Massage Practitioner with a passion for healing through touch. With years of experience in massage, DeeDee's signature technique involves using long, flowing strokes that soothe the muscles and relax the mind. Her intuitive touch allows her to connect deeply with her clients, addressing their unique needs and helping them achieve a greater sense of physical and emotional balance. DeeDee's approach is rooted in a mind-body-spirit philosophy, recognizing the interconnectedness of these three aspects of the self and working to promote harmony and wholeness in each session. Whether you're seeking relief from physical tension or simply looking to unwind and rejuvenate, DeeDee offers a safe and supportive space for healing and transformation.

Note: Comfortable with deeper work

Donia Love (She/Her)

Donia Love has worked on the massage crew for four years and has led international workshops on Self Care for Body Workers, taught the Mind Body Connection of massage in NC, ran the largest (for a time) yoga studio in NC, led embodied awareness and movement programs, taught yoga for 20 years. Donia believes "Esalen's unique and unforgettable massage experience enhances the deep inner work done here. We are massaging more than the physical body. We are relaxing the nervous system so the spirit can untangle itself and the soul can soften into its most safe sensation of feeling at home". Bringing her work out of the resorts and back to Esalen's womb of healing, Donia is thrilled to offer a dynamic nurturing massage formed from the desires and needs that your body and soul are craving. "Deep has many meanings in this work."

Note: Does not perform deeper work

Massage Practitioner Bios

Ellie McGuckin (She/Her)
Ellie is a certified Esalen® Massage therapist with a deep passion for blending relaxation, integration, and therapeutic healing. Drawing from the principles of Esalen massage, I work to facilitate the release of stress, alleviate chronic pain, promote a greater sense of well-being, and remind every body how amazing it is. Every session is unique; combining the use of intuitive listening and learned technique, allowing me to address physical, energetic, and emotional needs. I specialize in Esalen's unique approach to bodywork, which combines long, flowing strokes with a strong emphasis on mindfulness, integration and the mind-body connection. My goal is to provide a healing space where clients can release physical tension while cultivating balance in the body. Through careful attention to each individual's needs, I strive to create a deeply restorative experience that nurtures both the body and spirit.
Note: Does not perform deeper work

Elyse D'Angelo (She/Her)
I bring compassion, loving kindness and nurturing presence to each session. With over twenty-five years of experience, I integrate long connecting Esalen strokes and light passive stretches, with more focused detailed work to create space, and promote relaxation and release..
Note: Does not perform deeper work

Jennifer Buckland (She/Her)
I have been practicing bodywork for over 20 years, incorporating a range of modalities into my Esalen® Massage. Drawing from my training in Craniosacral, Lymphatic, Reiki, Prenatal, and Myofascial Release, I intuitively work with you, creating an environment where self-healing and harmony can easily flow. I use gentle to deep pressure, depending on the needs of my client. I look forward to working with you!
Note: Comfortable with deeper work

Jenny Pareno (She/Her)
Jenny is a Certified Esalen® Massage Practitioner, and Esalen® Massage Teacher. In addition to her extensive experience as a massage therapist, she is a dedicated educator, and has been an integral part of the Esalen community for over a decade. Beyond her nurturing touch, her adventurous nature shines through as a passionate trail runner, connecting with nature and finding balance in the beauty of movement. (continued on the next page)

Massage Practitioner Bios

Jenny Pareno (She/Her)

(continued from the previous page) My intention for you is to facilitate your healing, by bringing awareness to the "holding" areas of your body and working with your breath to allow tension to release. Blending the nurturing long strokes of Esalen® Massage with the therapeutic detail techniques of Deep Bodywork, my massage will leave you feeling in a deep state of relaxation and giving your body the felt sense of wholeness and connectedness.

Note: Comfortable with deeper work

Jessie Marks (She/Her)

Jessie has over 300 hours of Esalen® Massage training, weaving in elements of deep tissue and Swedish long strokes. She also has 200 hours of training through Five Branches University specializing in injury specific, and meridian massage to help soothe the nervous system. Jessie's been teaching yoga for over seven years in addition to her massage practice and her goal is to combine the modalities to help bridge the connection through breath consciousness, yogic movement and the healing art of massage therapy. She has a balanced, holistic approach, with a strong intuitive sense of the body & her mission is to help her clients feel more embodied after each session.

Note: Comfortable with deeper work

Katie Osenbaugh (She/Her)

Katie has dedicated her life to the art of healing touch. With over a decade of experience, she seamlessly blends ancient wisdom with modern science, creating a harmonious symphony of relaxation and rejuvenation. A passionate artist, Katie believes that massage is a canvas, and each client is a masterpiece. She draws inspiration from each client and the stories held in their bodies. Her hands become conduits of healing through creative expression. Katie's unique version of Esalen® Massage is a fusion of long rhythmic strokes, energy balancing, and intuitive movement, incorporating gentle stretching and even deep bodywork. A divine dance of mind, body and spirit. Katie believes that healing extends beyond the physical body. Her sessions are a holistic journey, addressing not only muscle knots but also emotional blockages and energetic imbalances.

Note: Comfortable with deeper work

Kelsey Webb (She/Her)

Kelsey is a skilled artist, healer & florist, with a deep commitment to holistic wellness. A licensed massage therapist in California since 2015, she has trained at prestigious institutions such as the Esalen Institute, McKinnon Body Therapy Center & the San Francisco School of Massage & Bodywork. (continued on the next page)

Massage Practitioner Bios

Kelsey Webb (She/Her)

(continued from the previous page) Kelsey specializes in Esalen® massage, prenatal & postnatal massage, deep tissue techniques, Ashiatsu, Reiki, craniosacral therapy & cupping. She offers a wide range of therapeutic modalities to clients of all ages, from children to seniors. With a focus on clients recovering from trauma—physical, mental, or emotional—her natural gift of presence & her innate intuitive ability to tune into each individual with care gives each client a uniquely specialized session. Kelsey tailors each session to meet individual needs, guiding them into a deeply restorative state that enhances the body's natural healing ability and promotes overall wellness.
Note: Comfortable with deeper work

Lindsay Scott (She/Her)

Lindsay is a holistic health practitioner from San Diego, with experience in both medical and luxury spa settings, which allows her to bring a creative mixture of therapy and pampering to her bodywork. The result is a treatment that is both restorative and relaxing: balancing the body, mind, and spirit, while also addressing the specific issues or complaints of her clients .In every session, she listens and strives to meet her client's needs to help them achieve balance, gently guiding change and reconnecting the mind and body. Her education and experience have taken her around the world in search of new techniques and therapies to include in her treatments. She studied at Pacific College of Oriental Medicine, The International Professional School of Bodywork, San Francisco School of Massage and Esalen Institute, with practical instruction in Circulatory, Deep Tissue, Traditional Thai massage, Reflexology, Biodynamic Craniosacral, Fire Cupping, Tui Na, Trigger Point Therapy and Esalen® Massage. Additionally, Lindsay studied at the Shanghai College of Traditional Chinese Medicine in China, further developing her knowledge and practice of Tui Na Medical Massage.

Lindsay believes that taking the time to relax and be present can have profound implications in a person's overall health and well-being.
Note: Comfortable with deeper work

Malachi Stone (He/Him)

I am a student of the waves, an avid surfer. The flow of my bodywork matches the mesmerizing waves and flow of the ocean, contributing to the deeply relaxing, restful, and calming effects of your session with me. Incorporating Thai massage, Shiatsu, and deep bodywork into my Esalen massage, allows me to work at the depth appropriate for you, helping you become more grounded and in touch with your own body.
Note: Comfortable with deeper work

Massage Practitioner Bios

Nadya Tierney (She/Her)

I began my journey in massage therapy in 2012, guided by a deep connection to healing touch. In 2016, this path led me to train in Esalen® Massage, where my work evolved into long, flowing, integrative strokes. Certification in Biodynamic Craniosacral Therapy supported me in treating nervous systems more powerfully in conjunction with the deep tissue, acupressure, and gentle stretching methods of my therapeutic approach. My work is rooted in presence, connection, and attunement. Through slow, intentional, heart-centered touch, I create a space where the body can soften, the nervous system can settle, and deeper healing can unfold. Each session is intuitive and collaborative, supporting a return to balance, wholeness, and a deeper sense of aliveness.
Note: Comfortable with deeper work

Nick Ayers (He/Him)

With over 25 years as a professional musician, I understand there is infinite precision to the art of listening. After practicing massage for the last decade, I bring this discipline to my bodywork sessions, balancing not only the tissues but the nervous system as well through rhythm, creativity and flow. Attentive presence, nurturing touch, deep musculature sculpting and integrative long strokes await you with my listening hands.
Note: Comfortable with deeper work

Oliver Bailey (He/Him)

A massage practitioner and teacher of Esalen® Massage for over 25 years, my massage incorporates a skillful blend of various types of bodywork, including elements of Trigger Point Therapy, Deep Tissue Massage, Acupressure, Craniosacral work, Reconnective Healing, and Esalen® Massage. I can do deep massage, lighter energetic work, or somewhere in between. I enjoy working with chronic neck and low back problems, as well as working with those who want to relax, de-stress, and recharge.
Note: Comfortable with deeper work

Peggy Horan (She/Her)

My classic Esalen® Massage is given in a field of comfort and support, using stretches and deep muscle work to bring healing and relaxation to the client. I have been practicing and teaching Esalen® Massage for five decades and have written a massage book, Connecting Through Touch, A Couples Massage Book.
Note: Does not perform deeper work

Massage Practitioner Bios

Rebecca Felker (She/Her)
Rebecca uses her 30 years of experience as a massage practitioner to create a nurturing and supportive environment in which her clients can relax and unwind. She uses her training in Esalen® Massage, craniosacral, prenatal, Feldenkrais and meditation to facilitate her clients accessing a healing state of flow.
Note: Does not perform deeper work

Sabina Loetscher (She/Her)
My 25 years of experience working at Esalen on the Healing Arts crew have helped me in establishing solid principles, fine-tuning my personal technique, and allowing me to effortlessly work in an intuitive way. Through dynamic Thai inspired stretches and rooted pressure, I help release the accumulated tensions that often live in our bodies. The dancing flow between stillness and rhythmic long integrating strokes creates space, where clients can deeply relax into my caring, nurturing touch, supporting a rejuvenation of mind, body, and soul.
Note: Does not perform deeper work

Sammie Robertson (He/Him)
Sammie works with a nurturing presence and a rhythmically fluid touch that eases the body gently into depth. Drawing on intuition and spontaneity, he meets each person exactly where they are — listening through contact, and responding in kind. His sessions are crafted to invite something genuinely transformative. A certified Esalen® Massage Instructor & Practitioner, Neuromuscular Therapy (NMT) practitioner, and California Massage Therapy Council (CAMTC) certificant, Sammie is a graduate and former instructor of the Birmingham School of Massage with over 2,000 hours of professional training.
Note: Comfortable with deeper work

Shae Cameron (She/Her)
Shae Cameron, M.Ed, BCTMB, CSTT, CMT, is a highly experienced Board-Certified Massage Therapist with over 15 years dedicated to the art of mindful bodywork. Combining Esalen® Massage with techniques like Swedish massage, deep tissue, and CranioSacral Therapy, Shae tailors each session to alleviate tension and promote healing. She integrates movement education and somatic awareness, ensuring clients experience profound transformations that align body, mind, and spirit. Shae's approach emphasizes collaboration, with each session viewed as a dance between giver and receiver, fostering deep relaxation and realignment. Her clients often leave feeling seen and supported, with a newfound sense of body awareness.
Note: Comfortable with deeper work

Massage Practitioner Bios

Shayne Hodgkin (She/Her)

Shayne's desire to learn and give massage arose from her passion for somatic therapy and healing the nervous system through touch. Shayne has been a massage therapist since 2019 when she began her healing arts career as a member of the Esalen® Massage crew. She earned over 500 hours at the Esalen® Massage school and is a CA LMT. Shayne looks forward to co-creating a healing experience with you.

Note: Does not perform deeper work

Tim Lee (He/Him)

Tim has been a professional massage therapist since 1987 and a Registered Nurse since 1992. He draws from a diverse background of healing bodywork modalities: Esalen, table Thai Yoga massage, Ohashi Shiatsu, and Deep Bodywork. My hybrid fusion gently lengthens and twists the body gradually to release muscle tension. My massage mantra follows slow is deep. And deep is slow. Clients report a profound parasympathetic state and their monkey mind's voice is a whisper after my massage sessions.

Note: Comfortable with deeper work

Tom Case (He/Him)

Using pressure points and the integrative Esalen style of massage, I work deeply into areas of tension, lengthening and opening. I balance this work with gentle nurturing strokes to promote relaxation, while including stretches and joint manipulation to promote greater mobility.

Note: Comfortable with deeper work

Whitney Bell (She/Her)

My practice addresses both physical and energetic issues. By slowly moving into deeper layers of tissue, I gently usher the body towards peace, balance, and relaxation, creating the ideal environment for the body to transform and heal. I am dedicated to connecting deeply with each client. Each session combines my extensive training in Deep Bodywork, Esalen® Massage and Cranio-Sacral Therapy into a dance between long integrating strokes and slow deep tissue work, while maintaining a full hearted presence-based touch, releasing everyday stresses, addressing chronic pain, calming the mind, and leaving the body feeling unified, integrated, and deeply relaxed.

Note: Comfortable with deeper work

Alternative Service Practitioner Bios

Ali Goodman (She/Her)
Ali Goodman has been a Wildtender guide for three years, drawing on her practice as a breathwork facilitator and forest therapy guide to cultivate presence and connection with the natural world. Her time as a work scholar at Esalen in 2022 influenced her approach to sharing land-based and relational practices.
Services offered: Guided Hike with Wildtender

Cindy Nelson Purdy (She/Her) BSN, RN, CPNP, MPH, CST-T
Cindy Nelson finds great purpose in using the healing process employed by gentle, light, non-invasive touch in order to release tension and improve the function of the CranioSacral system. As a pediatric nurse practitioner for 38 years, Cindy experienced firsthand the value and reward of touch primarily through her work with adolescent pulmonary disease. Initially skeptical of alternative modalities, she discovered CranioSacral Therapy (CST) after the practice helped her son ultimately recover from an illness for which allopathic medicine had presented no solution. Studying John Upledger's unique technique while also maintaining a collaboration with the Integrative Medicine Department of her local hospital, she has created an alternative and innovative healing pathway to greater health.
Services offered: Craniosacral Therapy

Fletcher Tucker (He/Him)
Fletcher Tucker is a co-founder of Wildtender and faculty at Esalen and Tassajara Zen Center. A curious explorer of inner and outer landscapes, Fletcher's background includes a lifelong passion for California's natural history, over a decade of practice in Esalen's Gestalt lineage, and engagement with an array of earth-reverent wisdom traditions.
Services offered: Guided Hike with Wildtender

Isabel Fleury (She/Her)
Isabel is a licensed psychologist in Brazil where she kept a private practice and worked in clinical and institutional settings. She moved to the United States in 2007, working to deepen her experience at the Esalen Institute in Big Sur, California. Early on she participated in various trainings with renowned teachers that deeply influenced her worldview, like Stanislav Grof, one of the founders of Transpersonal Psychology and researcher on non-ordinary states of consciousness, the historian and author Richard Tarnas, and Jungian analyst and author Jean Shinoda Bolen, among others. (continued on the next page)

Alternative Service Practitioner Bios

Isabel Fleury (She/Her)

(continued from the previous page). In 2014, Isabel took a deep dive into Buddhist practice and started to sit in long meditation retreats at Spirit Rock Meditation Center in Fairfax, California. Since then she has been committed to the study, practice, and sharing of Buddhism and Insight Meditation with the world.

Services offered: Archetypal Astrology, Meditation, and Dream Work

Jeremy Gross (He/Him) APP, ICSU

Jeremy is a Craniosacral practitioner who brings presence, intuitive listening, and deep regard for the body's natural intelligence. He holds certifications as an Associate Polarity Practitioner (APP) and in Integrative Craniosacral Unwinding (ICSU), with formal training from the Southwest Institute of Healing Arts and the Life Energy Institute. Jeremy's path into holistic healing began early in life, shaped by the influence of his mother, a practitioner of acupuncture and Traditional Chinese Medicine. This early exposure cultivated a deep appreciation for the subtle rhythms of the body and the profound relationship between energy and healing. Whether supporting someone through emotional distress, energetic depletion, or the desire for deeper embodiment, Jeremy brings compassionate touch, heartfelt support, and a deep trust in the body's healing process.

Services offered: Craniosacral Unwinding

Micha Merrick (She/Her)

Micha offers intuitive counsel, healing touch, sound vibration, and the beauty of herbs and flowers to open portals of reverence and healing. Growing up in a family of earth-based celebration, she knew the medicinal wild plants of her forest and meadow from an early age, learning to honor the larger circles and cycles to which we belong. Micha's currently an Esalen Institute Workshop leader and faculty, with nearly 20 years of Esalen massage and healing arts practice. She received in-depth mentorship with traditional herbalists, midwives, musicians and healers in Thailand, Bali, India, Greece, Scotland and North America, including trauma-informed training from Kripalu. She continues to learn how to respect our land and waters directly from diverse indigenous elders. She sources from her own family lineage of plant wisdom, birth attendance and intuitive counsel, with the blessing of her teachers. Her clients find sanctuary and grounding in connection with the earth. To learn more about Micha visit: www.michamerrick.com.

Services offered: Intuitive Tarot Reading, Herbal Clearing Ritual, Herbal Womb Ritual, Ceremonial Sound Journey

Alternative Service Practitioner Bios

Noël Vietor (She/Her)
Noël Vietor is a co-founder of Wildtender and faculty at Esalen. As an educator in the Esalen Farm & Garden for five years, Noël became rooted in Esalen's Gestalt tradition. Having found healing and meaning in the Big Sur wild, Noël is honored to facilitate this opportunity for others.
Services offered: Guided Hike with Wildtender

Peggy Horan (She/Her)
Peggy is a legacy holder of Esalen® Massage and one of the founders of the Esalen Massage School. She has worked at Esalen for over 50 years, and has taught classes for beginning and advanced students, certification classes classes in prenatal massage, and a Teacher Training courses. Peggy is a student of many diverse movement practices. She recently completed a teacher training course in mindfulness meditation. Her experience as a practicing midwife in Big Sur adds to her knowledge, her skills, and her practice in presence. Her body of work is expanding to include private teaching and coaching.
Services offered: Esalen® Massage Teaching, Compassionate Coaching & Mindfulness Mentoring

Perry Holloman (He/Him)
Perry has been a member of the community and teaching staff at Esalen since 1979. He teaches Esalen Massage, Deep Bodywork, Gestalt and Hologenic™ Breathwork at Esalen, Europe and Asia. He offers private sessions at Esalen and via Zoom from his home in Big Sur.
Services offered: Integrative Gestalt, Relational Gestalt, Private Breathwork

Shae Cameron (She/Her) MS.ed, BCTMB, CMT, CST-T
In the course of the last 25 years working with adults, then children with developmental and physical delays, I was looking for a way to help people. I found massage in the form of a 650 hour program that focused on alternative healing methods and prepared students to become certified in therapeutic massage and bodywork. Through that program I found that touch has grown into the meaningful contact of life, and whole body connection. There I developed a sense of touch that was purposeful but not demanding, brought change without being attached to the outcome and offered connection without the need for cognition or words. When I began this journey I experienced CranioSacral Therapy for the first time, quickly I knew I desired to participate in this physical as well as energetic work. It challenged my understanding of the world and the body, I questioned what was happening during these sessions, was the practitioner moving or was I, why did I feel so emotional and how can a body part unwind like that. (continued on the next page)

Alternative Service Practitioner Bios

Shae Cameron (She/Her) MS.ed, BCTMB, CMT, CST-T

(continued from the previous page) After deepening my ability to connect to the body though the practice of whole body integrative style of Esalen Massage…. I finally moved back toward the first modality to touch my heart, CranioSacral Therapy.

Services offered: Craniosacral Therapy

Shana Fong (She/Her)

Shana Fong is a nature-based healer, shamanic practitioner, and certified Wayfinder life coach devoted to helping others reconnect with the medicine of the earth. With over 15 years of experience as a conscious leader, coach, and guide, she facilitates transformative experiences for individuals and groups rooted in somatic awareness, nervous system healing, and connection with the natural world. Her work supports the release of stagnant energy, restoration of vitality, and alignment with one's most authentic self. Through grounded presence, intuition, and earth-based practices, she creates expansive spaces for healing and renewal.

Services offered: Alchemy Forest Bath

Sheena Burnside (She/Her)

Sheena Burnside has had a relationship with the Spirit world since a very young age. Her lifelong interest in the Mystery Schools, Magical Egypt, Atlantis and brilliant cinema such as The Craft stoked her desire to know more about hidden worlds. Early intuitive experiences taught her there was more to the world than what we see. Her natural curiosity and innate gift of prophetic dreams, combined with a deep spiritual capacity, put her on a path of healing herself and then using those tools to help others on their own healing journey. In 2012, after beginning her magical training in the Modern Mystery School and completing her Jikiden Reiki certification through Japan, she went on in 2013 to become a certified Life Activation Practitioner and Max Meditation teacher, completed her Usui Reiki training in 2016, and became a certified crystal healer in 2021. She is currently training to become a certified herbalist. With the depth of knowledge and skill present, sessions with Sheena are as unique as the client. You might work to clear early life or past life trauma, communicate with your ancestors, discover energy blocks, or attune with helpful spirits, crystals, or herbs. You'll leave your session with not only a renewed sense of healing and wellness, but spiritual tools that you'll be able to put into practice right away.

Services offered: Jikiden Reiki, Magical Healing Rites with Crystals

Alternative Service Practitioner Bios

Silvia Guersenzvaig (She/Her)

Silvia Guersenzvaig is a bilingual practitioner and teacher of Transformational Kinesiology - Soul Infusion certified by the Polaris International College from Denmark. Astrologer since 1976, she is the creator of AstroSoma®-somatic astrology and has been offering her services at Esalen since 1982. Silvia counsels individuals, couples, and groups nationally and internationally. She is part of the Esalen® Massage faculty and currently facilitates groups for isgo.IANDS.org on the subject of near death experiences and after death communication. Learn more about Silvia at TransformForJoy.com.

Services offered: Astrology Reading, AstroSoma, and Transformational Kinesiology

Whitney Bell (She/Her)

Whitney Bell grew up immersed in the healing power of therapeutic touch within a family of bodyworkers, knowing from an early age that her path would lead to the healing arts. With over fifteen years of experience, she is a seasoned bodywork practitioner, educator, and Gestalt facilitator. Her training includes Esalen® Massage, Deep Bodywork®, CranioSacral Therapy, Hologenic Breathwork®, Zero Balancing, and trauma recovery modalities. Whitney's path has been shaped by personal transformation, somatic practices, and a commitment to being a lifelong student. Her journey began as an avid backcountry snowboarder and adventurer. When health challenges brought her to a halt, she immersed herself in the rich container of the Esalen community, turning her focus inward toward the body and the inner landscape. Whitney weaves her love of the mountains, somatic awareness, and the transformative journey of motherhood into both her practice and teaching. Guided by a deep trust in the body's innate wisdom, she honors the powerful healing combination of skill, presence, and curiosity. When we attune to the body's language— when we slow down and listen—it will always lead us toward healing, balance, and wholeness.

Services offered: Gestalt Bodywork



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MASSAGE AND HEALING ARTS

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