

Susan O'Brien, Instructor/Practitioner

Susan brings to her practice unconditional compassion and commitment to others, empowering them in their growth. She has an ongoing passion for life. Her work in Archetypal healing has been augmented through study of complementary techniques, including archetypal mask-making, body movement and ritual. Susan continues her life long study by regularly receiving guidance and training in healing practices.



Susan has studied and practiced Rebirthing (Energy breathing) for 10 years and has trained with and has extensive experience in:

Kathryn Darling (Motherwave Institute)

Susan Deschenes (Professional Rebirther)

Daniel Giamario (Shamanic Astrology)

Luis Diaz (Body-Mind Center)

Pain Body Release, Cellular Memory Release, Touch for Health, Tibetan Energy Healing

Intimacy & Spirituality (co-hosted)

Susan has two daughters and three grandchildren, and lives with her husband in the Sierra Nevada foothills. **You can contact Susan at 530-205-5704** for ongoing workshops, Shamanic Astrology readings, Women's healing ceremonies and private healing sessions.

"Susan has a rare clarity of vision, a wealth of wisdom, a natural empathy and strong personal integrity. I always feel totally safe and much nurtured when I work with her." - Jessica Subotnik

I enjoy and deeply benefit from doing breath work with Susan. She is very supportive and gives of herself in a very compassionate and unconditional loving way. I have a better sense of who I am and have more inner happiness." - Dawn Merriman