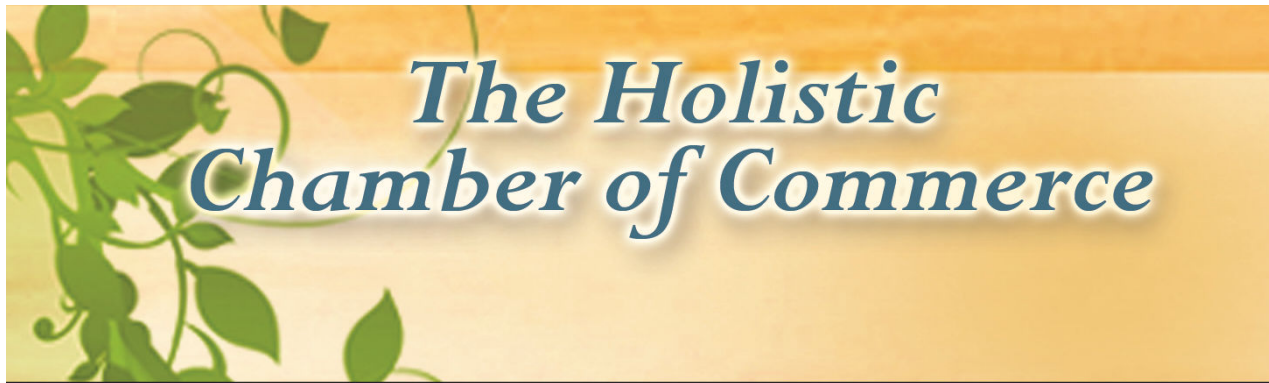


***The San Antonio Chapter of the***



*Proudly presents the members of the*

***Speaker's Bureau***  
***2013***

# Deborah Charnes

From the Windy City via Miami and South America to San Antonio, Deborah has been a yoga, meditation and *pranayama* (deep breathing) enthusiast everywhere she has lived.

She brings to her students a broad variety of learnings. Deborah has participated in multiple extended intensives at the Sivananda Ashram where *hatha yoga*, meditation, *pranayama*, *bhakti yoga* (devotion) and karma yoga (selflessness) are practiced almost 12 hours daily. She recently returned from a month in India where she studied Ayurveda and the eight branches of yoga.

Earlier, she attended yoga workshops in Austin with *ash-tanga* master David Swenson and participated in a Kripalu-inspired retreat in Italy before completing her Yoga Alliance 200 hour certified teacher training at the Yandara Institute in Mexico.

In San Antonio, she has been part of the mayor's citywide fitness initiative, and teaches yoga at the only ashram in the city. Additionally, she teaches at several YMCA locations as well as private lessons.

Beyond the dedication to her yoga practice, she is a contributing author of two university public relations textbooks, serves on the advisory board of the University of Florida's Department of Public Relations and is a board member of the American Indians of Texas. A blogger on [mysa.com](http://mysa.com), her health-related articles have been published by [linkverde.com](http://linkverde.com), [veglatino.com](http://veglatino.com), [organichispanichealth.com](http://organichispanichealth.com), [Natural Awakenings](http://NaturalAwakenings.com), and [La Prensa](http://LaPrensa.com) among others.

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Topics include:

Media Training  
Hispanic Marketing  
Public Relations  
Yoga  
Meditation  
Pranayama  
Ayurveda.



## *Kramer Wetzel, Astrologer*

Born and raised in a small town in East Texas, Kramer Wetzel always wanted to be a writer. Educated in Dallas (TX), Roswell (NM), and finally completing both college and university degrees in Phoenix and Tempe (AZ), he wandered around the Southwest ultimately settling in his native Austin (TX).

Forged in that creative cauldron, and his proper sense of the absurd honed over decades in South Austin's Shady Acres Trailer Park, along the shores of the Colorado River, his current home is now further south in the cradle of western freedom, San Antonio (TX).

From a careful study of medieval literature to current documentation that Texans are descended from a race of space aliens, Kramer is a professor of humanity.

The weekly column, "Fishing Guide to the Stars," is a pioneering effort to combine his ongoing study of various schools of astrology, astronomy, and the science of human behaviors, trying to make sense of life, wrapped in an amusing container.

First penned in 1987, online since 1993, weekly from 1995, Kramer authors daily, weekly, monthly, and yearly horoscopes. His current long-standing love is the weekly format.

As a typical Sagittarius, he continues to travel as an occasionally itinerant astrology reader, speaker and teacher.

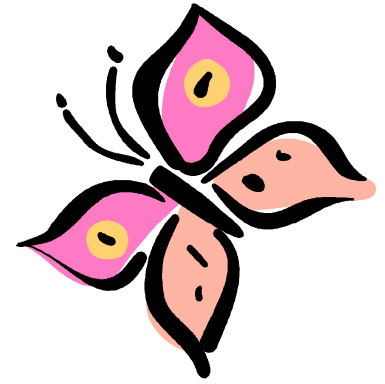
He's been featured on local and national TV, as an astrologer.

His Topic: Introduction to Astrology



Contact Kramer at:  
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210/240-2189

# Lorraine Cummings, LMT



Many people spend their entire life in search of the perfect job, but for me, I discovered mine by following my passion. I spent many years exploring different occupations; from a Medical Service Specialist/Combat Medic to a licensed phlebotomist. I even pursued a professional career in Legal Administration, but life sometimes takes us places we never imagined. My true journey started when my son was diagnosed with Asperger's Syndrome (a form of Autism). After exhausting years of conventional modern medicine, where most of the answers came on a prescription pad, I realized his daily drug cocktail not only wasn't helping, but they were also destroying any quality of life we might have.

The decision was made to remove all medications and discontinue psychiatric treatments in a quest to discover something that produced a promising result. I researched extensively for an alternative and quickly learned there was an industry preying on the emotions of parents with disadvantaged children. I was very discouraged until learning of the powerful healings of Essential Oils that date back to biblical times, and the most recent extraordinary results within the Autism Umbrella. Modern Science explains the bio-frequency of the body and how different conditions can get the body out of balance.

So oils it was, and the results were nothing short of a miracle for our family. My son's behavior went from unable to attend school, to being on the honor roll at a college preparatory high school. This amazing personal experience with the healing properties of essential oils led me to become a licensed massage therapist and a member of the San Antonio Holistic Chamber of Commerce. My practice includes traditional massage, along with different techniques using essential oils such as Raindrop Therapy.

## Topics:

- Introduction to Essential Oils
- The Oils of Ancient Scripture
- The Benefits of Massage Therapy
- Cleaning Your Home with Non-Toxic Cleaners

Specific health concerns and/or specific essential oils  
— just ask!

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Sherrie Reimers, ND

Board Certified Traditional Naturopath

Believing that the body will heal itself, given proper nutrition and support, Dr. Sherrie, ND works to teach others how to take care of themselves. She travels extensively, teaching a technique called Holistic Energy Activation & Realignment Therapy (H.E.A.R.T.) that she helped to develop. Its purpose is to put healing back into the hands of the people who need it.

Dr. Sherrie can speak on many natural health topics, including:

Detoxing Your Body, In So Many Ways!

Your Natural Medicine Cabinet

Type Your Way Healthy

What's in YOUR DNA?

Avoiding the Pitfalls of Sugar Season

What is Your Skin Telling You?

Classes in H.E.A.R.T. and other natural health subjects are available as well, for companies and organizations who want to improve the health of their employees and members. Fund raising opportunities also available.

**Dr. Sherrie, ND**

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