



INTEGRAL SVETA INC

Integrative Nutrition Health Coaching

Wine for Spirit: A Journey through the Four Elements

Health & Balance
Wine Education & Tasting
Nutrition
Psychology
Anthropology

The ancients believed the World to be composed of 4 basic elements – Fire, Water, Air, and Earth. We can see it in the Native American Medicine Wheel, Alchemy of Ancient Greece, and the spiritual practices of Ancient Persia, Babylonia, India, etc. These were considered the critical energy forces that sustained life. The Four Elements are named for those fundamental archetypes within matter and are symbolic of their metaphysical qualities. As archetypes, the elements are beyond rational explanation and must be experienced to be understood. All of these elements are integral parts of matter or the physical universe, and the human body is a physical creation existing in the material realm. Therefore, human beings were seen to have been made of and governed by the four elements. Maintaining a balance between these elements was advocated to ensure one's physical as well as psychological well-being.

Many believe wine to be a spiritual substance to facilitate happiness and a deep connection with other people, nature and the universe. For thousands of years, humans have enjoyed wine in celebration. There is a sharing and taking of support from family, friends and society surrounding wine.

In tasting the wines of the Four Elements, you will be drawn to the element you need most in your being. Increasing this element in your life will help you realize your hearts desire in health, career, physical activity, relationships, family, society and spirituality.

Wines have been specifically selected to represent each element: Earth, Water, Fire and Air. You will taste the wines through the different modalities and senses: smell, taste, sight, touch, and hearing you inner rhythm. While you observe the state of your consciousness, you will understand which element is not fully represented in your body and character. This new knowledge can help you change your lifestyle to realize your intentions for health, relationships and careers, ensuring your physical and psychological well-being.



Leaders of the workshop:

Svetlana Doroganich, MS, INHC, Half Moon Bay

Medical Psychologist (RMAPO), European Registered Transpersonal Psychotherapist (EUROTAS), Certified Integrative Nutrition Health Coach (IIN, NY, NY). Svetlana has taught at the Moscow Institute of Psychoanalysis; collaborated with colleagues from the California Institute of Integral Studies (CIIS) in San Francisco and Sofia University in Palo Alto; and has studied authentic Native American healing practices. Svetlana lives on the Pacific coast and teaches:

- Programs in her Art-Yoga Center in Half Moon Bay;
- Kundalini Yoga and Holotropic Breathwork in Studio Anthurium, Foster City; and
- Aquatic Health Coaching and Swim Instruction at City College of San Mateo and the Peninsula Jewish Community Center in Foster City.

Svetlana is a professional member of the American Association of Transpersonal Psychology and Psychotherapy, and a member of the Presidium of the Russian Association of Transpersonal Psychology and Psychotherapy. She speaks at international conferences on psychology and nutrition, written numerous articles in medical periodicals and is the author of "Emerald Dolphin: Integral Transformative Practices for Realization of Intentions."

Robert M. Ross, CPM, Half Moon Bay

Robert is the founder and president of Integral Sveta, Incorporated. He has been involved in wine education for over 20 years. Robert was the teacher's assistant for international wine courses at SFCC, has conducted seminars on the spiritual aspects of wine for monks in monasteries, organized wine tours and has worked on multiple occasions for the Sausalito Art and Wine Festival and the Aspen Food and Wine Festivals. Robert is a Wine Specialist at Total Wine and More where he consults on wine and conducts tastings. He continues to study the art of winemaking and the culture of wine consumption in the wine-growing regions throughout the world. He is a wonderful storyteller and perfectly understands and describes wines, as well as the needs of the consumer. Robert has received high reviews of his knowledge of wine and the passion he has in explaining it.

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