



Eel River Holistics

Michela Hernandez Arroyo

Find Your Center Here.....A Place to Search and be Found

Eel River Holistics came to be in 2013 as a central gathering space for healing in Southern Humboldt. At the start of 2019, the physical and energetic container was relocated to beautifully forested land less than 10 minutes outside of Redway. The land surrounding and the dedicated healing space, the Healing House, are held with deep respect and are worked with in a sacred way. With an intimate classroom space and full kitchen, the Healing House is available for intentionally held groups, classes, and offerings.

Since its birth, “**Eel River Holistics**” has transformed from just identifying a location to representing the focused and multi-dimensional practice of founder, Michela Hernandez Arroyo.



Michela has been in practice for over a decade, rooting her work in chronic and acute pain management bodywork. Specializing in **Neuromuscular Release and Myofascial Release Therapies**, she gently accesses the depth of tissue the system as a Whole Self is ready to explore. She also works as part of pre-natal and postpartum health-care teams, offering specialized pre-natal & infant massage.

Michela views the body as only one aspect of the Self. Honoring the Physical, Mental, Emotional, and Spiritual Wisdom Bodies she also facilitates **Reiki & Quantum Scaler Wave** treatments. The Quantum Scaler Wave is a cold light therapy system encouraging cellular rejuvenation, helping to unwind compensation and trauma patterns from all 4 aspects of our wisdom bodies.

Looking through the lens of the Spiritual Wisdom Body, Michela offers healing sessions, personal or land ceremony support, and classes through a meditative drum practice. Working with the beat of the drum to enter an altered state of consciousness, one can receive insight and guidance on how to restore balance & harmony within through cultivating an intentional relationship with individual guides/allies/angels.

Private sessions are specific to the individual, honoring the intention bringing them to the Healing House and the lineage of the medicine being shared.



Michele Hernandez also practices within the Healing House offering Reiki, Quantum Scaler Wave Treatments, Personal Empowerment Coaching & Intuitive Counseling, Parenting Support, Guided Meditations and Circle Facilitation.

Michele offers a safe and sacred space for your personal healing, growth and transformation that supports you in sending out the energy you want to grow in your life as you clear limiting beliefs, discover your true self and shift old patterns to attract health, wellness and abundance into your life.

Each session is customized to meet you, the client, where you are now. Multiple modalities are available to address personal growth; discovery of your soul purpose; and pain & anxiety relief. Utilizing the Resiliency Method which focuses on identifying and growing your natural gifts and strengths Michele assists you in shining light on your inner wisdom, strength and joy.

Michele is an applied professional, having done much personal growth work and healing of grief & trauma through a path of self discovery, self care and awakening. ***Parenting Support, Guided Meditations and Circle Facilitation are available for individuals or groups. * Quantum Scaler Wave and Reiki treatments are also available for your pets.**

Contact Michela to inquire about the Healing House and any of its offerings, or to book a session with her **707-223-5715** or **EelRiverHolistics@gmail.com**

Contact Michele at **707-223-5709** or **michelemhernandez@gmail.com**

Follow ERH on Facebook for current practitioner offerings and join our email list!