

# Eel River Holistics



is held with the intention to offer safe and sacred space for healing and teaching to be both shared and received. We believe there is no one way to healing and hope to support the varying healing paths being traveled, in a good way and with integrity. We support a holistic approach to life and healthcare, honoring the Mind, the Body, the Emotions & the Spirit.

We offer rentable clinic room space for one-on-one or private sessions and studio space for workshops or classes. ERH was birthed in 2013 and has been a labor of love and healing. We are blessed and filled with joy to be able to provide a dependable healing space for our community to grow and learn.

Founder and practitioner, Michela Hernandez Arroyo, offers healing sessions that honor where the client's whole self are at in that moment, as well as where they are willing and ready to go. She believes that our emotional and spiritual imbalances can manifest physically and works with physiological structures through bodywork, as well as energetic modalities, with the intention to rebalance and restore harmony in one's system. Michela is trained in Core Shamanism and offers shamanic healing sessions for individuals, families, & land. She also facilitates shamanic drum journeying classes, private journeying sessions, & personal or group ceremonies. Michela has held a practice in Southern Humboldt for nearly a decade.

**To view an updated Practitioner list**, please go to the "Info" section on the Facebook page. **To be added to the email list** for future workshops, events, & ERH updates, or **for space rental** questions please email [EelRiverHolistics@gmail.com](mailto:EelRiverHolistics@gmail.com).

**Michela** is available directly for referrals, consultations, or to book a session.

**707-223-5715**

**[Michela.Koren@gmail.com](mailto:Michela.Koren@gmail.com)**

Eel River Holistics is located in Southern Humboldt.  
Please contact for location address.