

Body and soul

Alternative medicines, healing practices abound

Story by Regan Tuttle

Judy Godec and Josh Geetter discuss herbal formulas they are crafting at Medicine Ranch. (Courtesy photo)

The San Juans have for decades attracted spiritual seekers, and some have described the Box Canyon as a vortex, a whirlwind of highly concentrated spiritual energy.

According to Telluride acupuncturist Josh Geetter, who was recently mentioned in the December Vogue magazine, that trend is increasing.

Geetter, who with partner Judy Godec owns and operates Medicine Ranch, has seen firsthand droves of out-of-towners on a quest for healing. Geetter said that visitors, especially, are turning, and often for the first time, toward natural and plant-based remedies and alternative practices. Folks from all over the country are finding in Telluride ways to support themselves physically, mentally, emotionally and spiritually.

They visit Medicine Ranch at the corner of Davis and Pacific to experience Geetter's locally-harvested herbs, tonics, tinctures and to book acupuncture treatments with him. They also come to get their hands on Godec's organ-

ic skincare line, Venus and Vetiver.

"What we have here is a curation, a collection, of the finest local and worldwide treasured medicines," Geetter said. "And we are bringing forth ancient medical and beauty arts."

Geetter has been a licensed acupuncturist for the last 15 years. In the Medicine Ranch clinic, he offers both private acupuncture appointments and a more affordable community clinic option for those on a budget, drawing tourists and locals alike. In a session, he might use needles, essential oils, singing bowls, smoke or gemstones, though he said his work is anything but new age; it's actually very old classical medicine.

And the best part? He said it works.

In fact, western doctors at the Telluride Medical Center refer some patients to Geetter, and together they treat people holistically.

Spiritual seekers have also discovered "Siri Karam" Earthtree, a kundalini yoga teacher dressed in all-white, with big cat-like eyes that seem to peer into one's soul. She personally studied with Yogi BhaJan, a renowned Indian guru who blessed her with her name, meaning

"great destiny."

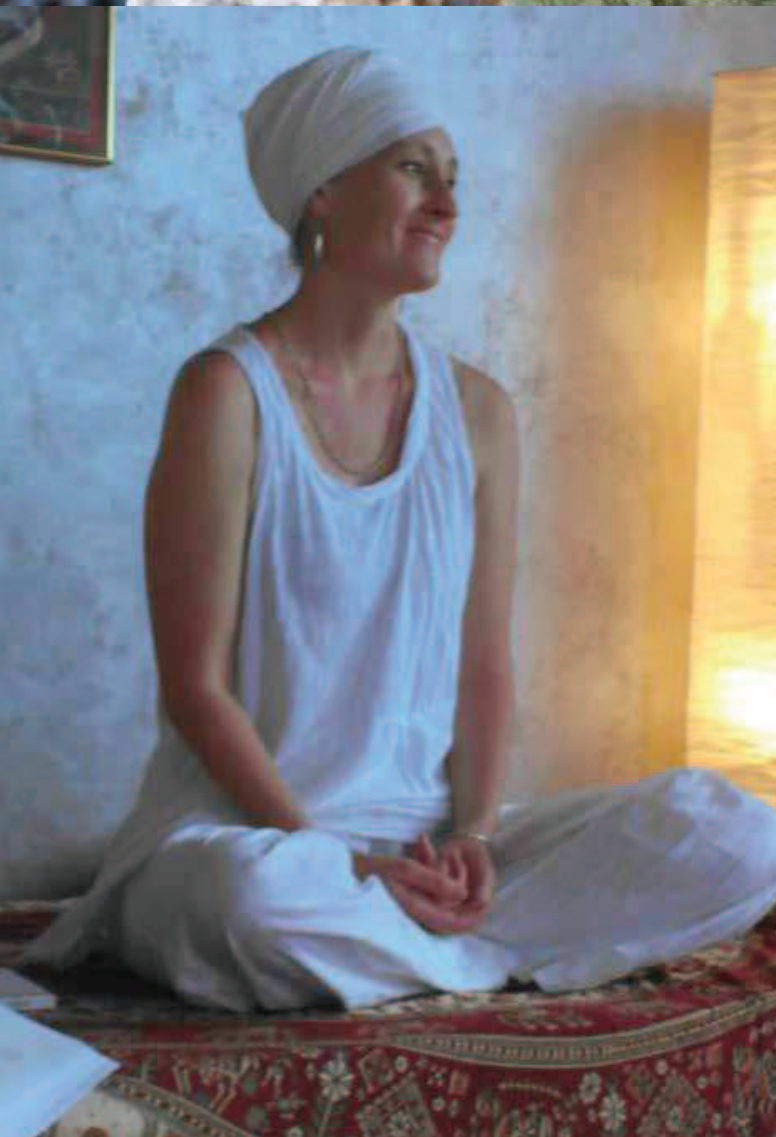
"Great destiny" is also what she, as a healing arts practitioner, is helping her clients to find for themselves.

"When we are moving in the direction of our true path, everything opens up, and life feels amazing," she said. "I work with people where they are and offer tools so they may move forward into their most-expanded self ... on their path toward their destiny."

Earthtree said she loves her work in Telluride — teaching movement, mantra and breath-work in group classes. She also offers private coaching sessions with clients and digs into their natal charts through Vedic astrology, another way she helps them to clear blocks and find direction.

Recently, she started a blog (sirikaram.com) that focuses on monthly astrology to support her friends and students and to help them make sense of or put into perspective what might be happening in their personal lives.

"I feel like a big part of my work is reminding people of who they really are, of their magnificent light and radiance," she said.



Above: Balarama Chandra Dass will travel to Telluride again this winter to co-teach with Kristin Taylor. Together, the two are offering workshops on yoga and Ayurveda. (Courtesy photo)
 Left: Siri Karam Earthree offers kundalini yoga classes and to private clients, private coaching sessions that include Vedic astrology. (Courtesy photo)

In the heart of town, Kristin Taylor is co-owner of Telluride Yoga Center and an instructor with a local following. In the last few years, she's expanded her teaching to include the principles of Ayurveda, the ancient Indian science of maintaining a healthy and balanced life. Last year Taylor traveled to India and Thailand and brought back another teacher — Balarama Chandra Das — to help her share the centuries-old wisdom of diet, herbs and other Ayurvedic practices.

Taylor said she and “Bala” (as she refers to him) have been working closely together in the last year, combining his eastern expertise on health with her in-depth study of yoga on the mat. In

November, they held a workshop together in Telluride and they'll host another again in February. They have additional yoga-with-Ayurveda events in the planning stages.

“And we will be expanding our retail shop at Telluride Yoga Center to carry particular Ayurvedic products to promote *dinacharya* (daily ritual) and healthy living,” Taylor said. She said her studio will continue to offer basic yoga classes for beginners and those for the experienced student throughout the winter.

Geetter also teaches Qi Gong, an ancient Chinese practice that includes breathing and postures, at Telluride Yoga Center as well.

Those that find themselves in

Telluride for ski season will no doubt have access to other practitioners of alternative health and healing if they wish to seek them out.

And, the full moon in Telluride is a spiritual event in itself. Many will be blown away this winter by the magnificence of the full moon rising over Ajax Peak at the back of the Telluride canyon. It's a sight that leaves even locals breathless.

Some consider full moons to be energetic power periods, and during those times Geetter and Godec will likely be found on the west side of town, placing their medicine outdoors to be bathed in

the moonlight. It's a practice they say that makes their handcrafted products even more potent for those who will receive it.

They both agree that Telluride is a magnetic place, one that draws people on a path of healing or consciousness. They say that some have found in Telluride what they may not have discovered otherwise.

"People from other parts of country are finding natural, alternative medicine and organic products," Godec said. "Telluride has become a leader and champion of introducing people to that." 🍷



Right: Kristin Taylor, co-owner of Telluride Yoga Center, is happy to again bring Balarama Chandra Das back to Telluride for additional workshops on natural health. (Courtesy photo)

Below: A variety of remedies awaits customers at Medicine Ranch. (Photo by Regan Tuttle)

