

Healers have conversations with the body

Listening to your body has a whole new meaning.

BY JEREMY ROTTGEN
STAFF WRITER

Our bodies are itching to speak. That's something Robyn Whatley-Kahn has found out. She has the ability to discuss with the body and determine what its problem is.

Whatley-Kahn is an alternative healer and consummate singer/entertainer. She attended the University of Miami and won a scholarship by being chosen as the Orange Bowl Queen. For her show business is a family business. Her father was a successful folk musician. He wrote "Sawmill," a popular song performed by the stuttering Mel Tillis.

She performed a one-woman show with 12 costume changes while living in the Cayman Islands. Whatley-Kahn's own show once raised \$90,000 for hospice care. She had also rubbed elbows with Bob Hope and Frank Sinatra. When Whatley-Kahn's home was destroyed by Hurricane Ivan she moved to Sarasota. She has had an exciting 25-year career intertwining alternative health care and music.

Body chat

It was while she was living in Grand Cayman for the last eight years that Whatley-Kahn discovered BodyTalk. She didn't know about it until witnessing a 3-year-old girl who had anaphylactic shock of the throat. She couldn't eat any-

thing because of it.

"With only three sessions of BodyTalk she was able to eat again," Whatley-Kahn said.

According to the International BodyTalk Association, practitioners facilitate communication with the innate wisdom of the body by using neuromuscular bio-feedback. It's as simple as getting a "yes" or "no" answer from the body to pinpoint where the problem is. BodyTalk can address many health problems or can be seamlessly integrated into any health-care system to increase its effectiveness and promote faster healing.

"If we cut ourselves, the body immediately sets up a process to start healing the wound. This occurs at several levels — physical, emotional and mental. Although this is obvious to every one of us, most people do not fully realize just how wonderful the human healing mechanism actually is," Whatley-Kahn said. "That's your body's innate wisdom."

"I knew I wanted to learn this to teach and share with everybody," Whatley-Kahn said.

She said most bodily problems can be handled in one to three sessions. BodyTalk was developed by Dr. John Veltheim, an Australian chiropractor, acupuncturist, philosopher and author. He was the principal of the Brisbane College of Acupuncture and



PHOTO COURTESY OF IBA

Robyn Whatley-Kahn has performed on bills that included Bob Hope and Dean Martin. She once raised \$90,000 for hospice care.

Natural Therapies

Recently, Alan Vickers of the Omega Institute in Rhinebeck, N.Y., which "runs the gamut" of alternative medicines, moved to Sarasota to become director of the IBA. Sarasota has been chosen as the world headquarters for the IBA. BodyTalk is now being practiced in 16 countries and spans multiple languages.

The IBA Senior Instructor for Sarasota is Dr. Marita Kufe. She is a Florida-licensed acupuncturist with an Oriental Medical Doctorate in the state of California. She is also a Nambudripad Allergy Elimination Technique practitioner and a professor at the East West College of Natural Medicine in Sarasota. She has instructed Whatley-Kahn.

Every Tuesday at 7 p.m. the IBA hosts a free introduction to BodyTalk and participants are entered into a drawing for free sessions worth \$85. You

may reserve time for a BodyTalk session Mondays and Tuesdays at the clinic at 2750 Slickney Point Road. For more information on BodyTalk, go to bodytalk-system.com or call 924-7443.

"I like what I see in Sarasota and am happy to be here and contribute to the neighborhood," Whatley-Kahn said.

Energy exercise

Whatley-Kahn also practices Qi-Gong, an Eastern activity that translates to "energy exercise." Whatley-Kahn is a certified Therapeutic Qi Gong Instructor. She enjoys teaching the ancient "grandfather of martial arts and tai chi."

It's an easy routine to learn and therapeutic. Qi Gong promotes longevity, vitality and health benefits.

"Thousands of Chinese can't be wrong for 3,000 years," she said. "It's fun to do," she said. "It improves balance, posture, longevity and muscle tone."

She said it is modeled after the exercises people in Asia do outside. It promotes breathing and relaxing.

"Some people are so uptight they don't even breathe," Whatley-Kahn said.

Whatley-Kahn will be at Serenity Gardens on May 28 offering a Qi-Gong class. Call 284-5584 for registration.

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