

Workshop B Speaker Bios:

Medicine for the Whole Person: Language of Spirit

Luz Navarrette, Hypnotherapist/Spiritual Health, Nation Guild of Hypnotists/Indigenous Elders North, Central, South America; David Escobar, Director of Programs and Operations, Multicultural Center of Marin

David Escobar

David Escobar has served as an Administrative Aide to former Fourth District Supervisor Steve Kinsey in Marin County for 15 years, before taking the appointment with the Marin County Board of Supervisors, he served as a parole and probation officer with the Marin County Probation Department in the Adult Division.

After 21 years of service with the County of Marin, he took an early retirement to take on the position of Director of the State mandated re-Entry and rehabilitation programs at San Quentin State Prison. David identifies as an indigenous Salvadoran, recognized as a member of the Lenca-Poton nation which encompasses the eastern region of El Salvador, Honduras and parts of Nicaragua. David has attended the Indigenous Permanent Forum at the United Nations in New York for several years as delegate with the American Indian Movement and on behalf of his maternal grandmother's Poton community. He is the current Director of Programs & Operations for the Multi-Cultural Center of Marin, a non-profit in San Rafael. David has also worked as an adjunct professor, at Dominican University, Holy Names University and has taught Indigenous Perspectives, Pre-Columbian Latin America, and Mayan Cosmologies.

Luz Navarrette

Luz Navarrette Xumakari was born in the Sierra Madre in the State of Chihuahua, Mexico. Her parents migrated to Los Angeles when she was 8 years old. She grew up in both countries studying in Los Angeles during the academic year and living with her grandmother and aunts in Mexico during the Summer and Winter breaks. Luz graduated from Loyola Marymount University, attended University in Mexico for graduate school. She earned a

Master's Degree from San Jose State University in Mexican American Studies and Counseling.

Luz retired after more than 40 years working as a counselor. She holds Certification as Dream Tender from Pacifica Graduate School and is a certified Hypnotherapist. She has been initiated by his Holiness the Dalai Lama in the practice of Buddha Maitreya and Kalachakra. Her spiritual teachers include elders from her Raramúri family as well as indigenous elders from different parts of the world.

