



finding your CentrePeace

*Interview by MaLinda Nelson
Photography by Rolando Garcés
(unless otherwise noted)*

During the production of this magazine, I had moments when I felt overwhelmed and was unsure what to do to regain the focus necessary to move forward — until I met up with my friend Jan Kinder, founder of The Self Centre at Caneel. She suggested I come for a “tuning” and after my session with her I truly felt grounded, reconnected with the world. My experience with Jan at the island’s renowned resort allowed my mind, body and spirit to harmonize. A few weeks later, I caught up with Jan for an interview about my experience and her work.

— MaLinda Nelson

SJM: What is The Self Centre?

JK: A mind body spirit wellness center. We offer different kinds of group sessions and consultations so there’s something for everyone. We also provide wellness treat-

ments for relaxation or to restore the body. The treatment known as “Tuning the Body” involves vibrational and energy medicine.

SJM: When did the The Self Centre open?

JK: March of 2000, in collaboration with Caneel Bay.

SJM: What is the philosophy?

JK: Basically, to help guide guests towards personal, meaningful and life-enhancing experiences for a renewed sense of self.

SJM: Who decides what the center will offer?

JK: I do. Some group sessions I create for the center. I am also very fortunate that every member of my staff is a leader in their field. I consult with them on what they would like to teach, and then together incorporate

Previous Page:
Meditation at Turtle Bay.

This Page (Top): Self
Centre instructor Emily
Sorensen poses in the
shooting star position.

(Below): The Self Cen-
tre offers panoramic
views of outer cays and
islands.



the philosophy of the center into creating the sessions. They are designed for both experienced practitioners and beginners.

SJM: Who uses your services?

JK: The center is open to anyone looking for relaxation, spiritual renewal, to improve their health, or to get more out of life.

SJM: Do you teach any of the group sessions?

JK: The meditation, the sampler and total body relaxation.

SJM: Do you get first-timers and what is their response?

JK: Yes. They're happy and glad they came. They want to continue when they go home and ask how. The teachers are all helpful answering questions and giving referrals.

SJM: Do you get skeptics and how do they feel afterwards?

JK: Yes, and pleasantly surprised. They thought it was going to be some weird or 'out there' stuff. When they realize it wasn't, many wished they came earlier in their vacation so they could do more with us.



Photo Courtesy of Rosewood Hotels



SJM: Do you have many male clients?

JK: 40% of our clientele are men. When I first started the center it was great to see the number of men interested in yoga and meditation — wanting to know about spirituality, especially baby boomers. Our sessions for couples have also been very popular.

SJM: What do you believe to be the most important practice you personally practice?

JK: Meditation...it's where it all begins.

SJM: When did you start meditating?

JK: In childhood. My aunt was a practicing Buddhist from Thailand and real pretty...I loved to be with her. She taught me how to meditate. It was fun. My mom said I used to say I was going on vacation, but I don't remember that. In my teens I took up yoga and was intrigued by Eastern teachings. Reading about different philosophies and theologies became a passion. I had

Above: QiGong/Tai Chi session.

Next Page: Inner Body Fusion wellness treatment.

many questions. Little did I know it would turn into this life's path.

SJM: What is your association with Dr. Deepak Chopra?

JK: I'm a certified instructor with the Chopra Center. I've worked closely with Deepak and Dr. David Simon since 1995 teaching the Chopra Center courses in meditation and Ayurveda throughout the New York tri-state area to the Virgin Islands.

SJM: What is Ayurveda?

JK: It's the ancient holistic medical tradition of India.

SJM: Are the Chopra Center seminars available at The Self Centre?

JK: Yes, the Primordial Sound Meditation is available privately and I offer Ayurvedic lifestyle consultations.

SJM: How long have you been doing this?

JK: 30 years, however back then it wasn't called mind body. It was considered new age.



SJM: What do you bring to the experience? How did you evolve into this?

JK: Music, medicine and spirituality have been an inseparable combo for me as long as I can remember. I come from a medical and musical family. At the age of four, studies in classical piano began. I became a registered nurse with a degree in psychology, certified music therapist, and master level clinician in the musical development and therapeutic philosophy of Dr. Carl Orff. From that point on, I had the opportunity for on-going study with great teachers, all prominent figures in their respective fields. Over the years, I've worked with adults and children in a variety of venues. In 1996, I founded the Mind Body Health Institute in New Jersey. I presented seminars and workshops in mind body medicine, meditation, Ayurveda and sound therapy in hospitals, meditation centers, corporations, universities and the private sector.

SJM: Now let's talk about the tuning treatment I had. How long have you been tuning?

JK: Five years with the practice I'm using now.

SJM: When and how did you get started? Who taught you?

JK: In the early 80s, I was using Tibetan bowls and tuning forks with clients and patients. It seemed like a better way to open the body to healing without drugs. I continued studying more about the effects of sound on the body. I also began toning with the voice and chanting mantras. Six years ago I came upon Fabien Maman, an acupuncturist, renowned musician, and the man who created the technique of using tuning forks on the body. *Webster's Dictionary* quotes him as the "father of vibrational sound therapy." I studied with him in New York City, Malibu and France, and became a practitioner for his Tama-Do Academy: Way of the Soul.

SJM: How does tuning work?

JK: When you place a tuning fork on a specific acupuncture point, the sound waves travel along nerve pathways sending impulses to the specific organs, energy centers or chakras, and the body's subtle energy fields. Tuning uses the vibrations of sound together with color lights that empower the sound vibration to dissolve blockages in our subtle energy fields. Sound and color must be





used together for a lasting effect in the physical, mental and emotional bodies.

SJM: How do you choose which tuning fork to use?

JK: It's not arbitrary. It's a detailed science based on the acupuncture theory of Chinese medicine and the 30 years of Fabien's research.

SJM: The silk scarves? How do their colors affect the session?

JK: The appropriate color is determined after a diagnostic scanning of the physical and subtle bodies. Colors are used to correct imbalances in the body. Each color has specific healing properties. The body absorbs the energetic vibration of the color needed.

SJM: Have you ever treated doctors? What has their response been?

JK: Yes, and I'm delighted when I do. They're curious. They come for a treatment usually with some physical complaint like back pain, or other body discomfort, or

feeling overworked. Afterwards, they're amazed how different they feel — little or no discomfort, light, peaceful, vibrant. I've only heard positive feedback. A radiologist complaining of low back pain called me ten hours after his treatment. His opening comment was "what did you do to me...I didn't have to take Advil for the first time in a year and a half." We laughed. A plastic surgeon said afterwards, looking at the calmness on his face, "this is better than botox."

SJM: Why did you choose Caneel Bay to create the The Self Centre?

JK: I was a return guest throughout the 80s. It's where I went to create a retreat for myself. Caneel offers the ideal setting — no phones or TVs. So when I decided to start a center in the Caribbean, it was simple. I love Caneel. [SJM](#)

Above: Tuning fork and color light therapy.
Previous Page: Kinder offering tuning treatment.