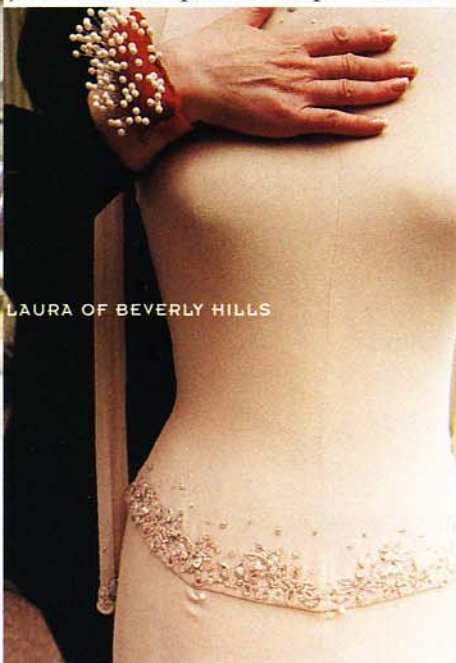


**Belly-Dancing Class** BREAK OUT THE FINGER CYMBALS AND PREPARE TO BUMP AND GRIND YOUR WAY THROUGH an hour and a half of rhythmic reveling every Monday night at **Absolution** (\$15). "It's sensual, sexy and a totally euphoric experience," says studio owner Sascha Ferguson. "We laugh all the time during the class, and students leave feeling giddy and totally comfortable in their own sexuality." 8543 Santa Monica Blvd., West Hollywood, 310-657-7878.



**Self-Defense Class** FOR THE PAST 12 YEARS, IMPACT Personal Safety HAS BEEN SHOWING WOMEN, children and—yes—men how to take charge of their lives. The six-week class (\$450) employs a thoughtful balance of techniques, including verbal strategies. Mostly, however, participants just beat the crap out of the padded class-



room assailant. Says workshop founder Lisa Gaeta, "Your life is worth fighting for." 800-345-5425.

**Psychics** IF PATIENCE ISN'T YOUR VIRTUE AND YOU'RE JONESING TO SEE WHAT THE FUTURE HOLDS, or if you're trying to break the past's habit of

complicating your present, there's nothing like a trek to a psychic to get a little clarity. Nobody's all accurate all the time, but these folks might just knock the wind out of a skeptic's sails. • How about a reading of your tarot or energy field? **Laura Bushnell**, who received paranormal impressions from cards during a childhood game of Go Fish back in Idaho, will even scan your body to get a bead on your organs. (Let's see a male psychic get away with that.) \$160 per hour. 323-782-9888. • Psychometry is **Karen Page**'s mode of choice: Give her a few moments with a watch, a ring—even a shoe—that

you've owned exclusively, and she'll give you your world. L.A. born and bred, Page has a pull-no-punches style but also enough compassion to get teary-eyed while recounting your painful issues. No wonder she's got clients around the world—some referred by Jeane Dixon. \$350 per session. 213-955-1760 or [www.karenpage.com](http://www.karenpage.com). • London-born **Suzannah Galland** has a degree in theology and incorporates numerology, vibrations and the occasional tarot reading to predict clients' futures and help them deal with life's little transitions. "I read at the soul level," she says, and Academy Award winners and top agents are among those who know this firsthand. \$150–\$200 per hour. 323-650-3939 or [www.suzannahgalland.com](http://www.suzannahgalland.com). • Soft-spoken **Tyger Kahn** describes herself as an "arhatic higher clairvoyant" and doesn't need anything to go on other than a person's aura. Sessions begin with a beat of her Tibetan gong and a silent meditation, and her insights can be startlingly explicit. High-profile customers? "No comment," says Kahn. \$375 per session. Send appointment requests with a recent photo of yourself to PMB 345, 520 Washington Blvd., Marina del Rey, CA 90292.



**Acupuncture** BROTHERS DAOSHING AND MAOSHING NI COME FROM A MEDICAL FAMILY—37 GENERATIONS, TO BE EXACT. Both hold doctorates in traditional Chinese medicine, and at the **Tao of Wellness** clinic, they use that expertise—in the form of acupuncture, along with herbal and nutritional therapy—to restore the body's *chi* and alleviate problems ranging from back pain to asthma to depression. The two practitioners have written numerous books, and Dr. Dao, as his patients call him, is renowned for his successful treatment of infertility: One satisfied patient recommended him to all her friends in similar predicaments, and the whole lot became pregnant. 1131 Wilshire Blvd., Ste. 300, Santa Monica, 310-917-2200 or [www.taooftwellness.com](http://www.taooftwellness.com).

**Masseur** YOU MIGHT THINK OF A SESSION WITH **Emily Grennan** AS THE GREEN MILE OF MESSAGES—WITHOUT THE POPPING LIGHTBULBS. Grennan, an empathic healer (she became interested in the art when seeking treatment for a case of mercury poisoning), uses Swedish and Tui-Na massage techniques to absorb stress. "I know where the tension is held," she says. "I can feel a muscle release and the energy shoot up my arm." \$100–\$200 per session. 323-939-4903.