

## A SEASONAL OFFERING

**Metal Element Workshop: Gifts of the Autumn**  
**Sue Berman, M.Ac., L.Ac. and Robyn Gordon, M.Ac., L.Ac.**  
**Saturday, October 17 • 9:45 am to noon • \$20**  
Registration is required by October 12. Robyn Gordon: (301) 655-7444  
or robyngordonacu@gmail.com or Sue Berman: 301-661-6810 or  
berman625@verizon.net

## UNIQUE OFFERINGS

**The Science of Well-Being • Katie Conlon, M.A., MAPP**  
**Tuesday, September 1, 6:30-8:00 pm • \$15**  
To register, visit: [www.phoenixnestllc.com/upcoming-events.html](http://www.phoenixnestllc.com/upcoming-events.html).  
For more information contact: [Katie@phoenixnestllc.com](mailto:Katie@phoenixnestllc.com)

**Common Sense Nourishment • Mary Morrison**  
**Saturdays, Sept. 12, 19, & 26; Oct. 17 & 24, 2015 • 9:30-11:30 am**  
Early Bird Fee (by September 1) \$375, \$425 thereafter. \$25 off for each  
registration if registering with a friend. For more information, please  
contact Mary at [mary@youraccessacupuncture.com](mailto:mary@youraccessacupuncture.com) or at 202-302-6559.  
To register, visit [www.youraccessacupuncture.com](http://www.youraccessacupuncture.com).

## YOGA

**Strengthen and Restore Yoga • Elizabeth Hubley**  
**Thursdays • Classes are ongoing through October 2015 • 12-1 pm**  
\$105 for a 6-week session, \$20 drop-in class (space permitting).  
Register online at <http://www.sienawellness.com/crossingsyoga>,  
or call Elizabeth at 202-810-3010.

## MOVEMENT & DANCE

**Lunchtime Yin Yang Yoga Qigong • Kevin Mutschler**  
**Tuesdays • September 8 – November 10 • 12-12:45 pm • \$150 for series**  
Drop-in rate: \$20. To register, please go to [www.healingsupport.com](http://www.healingsupport.com) or  
email [kevin@prohealing.net](mailto:kevin@prohealing.net); or call (240) 461-9300.

**Movement Improvement: Stretch & Integrate • Helen Rea**  
**Ongoing; Tuesdays • 6:15-7:30 pm; Wednesdays • 10-11:15 am**  
(No Classes 9/22-23, 12/15-16) • \$160 for full session of 8 classes;  
\$150 for 6 classes; \$30 single class. Call 301-587-7478 or email  
[helenrea@aol.com](mailto:helenrea@aol.com) for further information and to reserve your space.

## T'ai Chi with Michael Ward, LCSW

**11-Week Session: Wednesdays • September 23 – December 16**  
(No Classes 10/7, 11/25)  
**6:30 - 7:30 pm Beginners 1** (Postures 1-12)  
**7:30 - 8:30 pm Beginners 3** (3rd /final section; Postures 25-37)  
**8:30 - 9:30 pm Corrections** (entire 37 postures of the CMC\* Yang form)  
\* (CMC = Cheng Man-ch'ing)  
\$235 for 11-class session meeting once per week for one hour  
For further information and to register, please go to  
[www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net). Phone: 301-562-0992.

**The Dragon's Way® Program (6-Week Weight-Management & Stress-Management Program) • Cristina Abella**  
**6-Week Class Sessions: Thursdays, Sept. 17– Oct. 1; Oct. 15-22, Nov. 5, 2015**

\$199 for new participants; \$149.00 for returning participants.  
Pre-registration is required as space is limited. To pre-register, or for  
more information contact: Cristina Abella, Certified Dragon's Way®  
Instructor, 917-340-9079, or email: [cristina.abella@verizon.net](mailto:cristina.abella@verizon.net)

## Sacred Circle Dancing • Evelyn Torton Beck, Ph.D. and Judith Walton, Ph.D

**Honoring Ancient and Everyday Goddesses: Fridays • September 11 & 25, October 16 & 30, November 6 & 20, December 4 & 18**  
\$96 for the series; \$20 drop-in fee • 7:30-9 pm. To sign up for the series,  
bring a check made out to Judith Walton to the first session.  
For registration and information contact [etb@umd.edu](mailto:etb@umd.edu) or  
[jwaltondc@yahoo.com](mailto:jwaltondc@yahoo.com).

## HOLISTIC PARENTING

**Mother Voyage: A Group for Moms • Lisa Makstein, LCSW-C & Marla Zipin, Ph.D.**  
**Tuesday • Ongoing • 10-11:30 am • \$70 per class**  
Insurance Reimbursable. To register call Lisa Makstein: 301-963-5696  
or Marla Zipin: 301-899-4733 - psychotherapists for over 25 years with  
much heart; and seasoned moms.

2015 fall  
winter

Classes/Workshops  
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## MEDITATION

### **A Calm Mind and a Joyful Heart: A No-Fee Introduction to Mindfulness Meditation**

Mitchell Ratner, Senior Teacher, Still Water Mindfulness Practice Center • Monday, September 21, 2015 • 7:00 - 8:30 pm • NO FEE  
**Smiling like a Buddha: A Six-Session Mindfulness Meditation Class**

Mitchell Ratner, Senior Teacher, Still Water Mindfulness Practice Center • Mondays, September 28 through November 9, 2015.  
(No class on October 12) • 7:00 - 9:00 pm • \$180. For more information or to register go to [www.StillWaterMPC.org](http://www.StillWaterMPC.org). Direct questions to [Info@StillWaterMPC.org](mailto:Info@StillWaterMPC.org) or 301-270-8353.

### **Mindfulness Meditation • Offered by the Still Water Mindfulness Practice Center; Mitchell Ratner, Senior Teacher**

**Morning Meditation • Every Monday, Wednesday, and Friday 7- 8 am**

**Evening Meditation & Mindfulness Program • Every Thursday • 7- 9 pm**  
First Thursdays (monthly) Orientation: 6:30 pm, Orientation to Still Water Mindfulness Practice Center and basic mindfulness practices. Weekly Still Water programs at Crossings are supported by donations. More information: [www.StillWaterMPC.org](http://www.StillWaterMPC.org) or contact Still Water at [Info@StillWaterMPC.org](mailto:Info@StillWaterMPC.org) or 301-270-8353

## PROFESSIONAL WORKSHOPS

### **Integral Somatic Psychotherapy (ISP), Level II Professional Training • Raja Selvam, PhD, PhD**

Friday – Monday, September 25-28, 2015 • \$695; \$745 after August 26  
For more information and to register, visit:  
[http://events.r2o.constantcontact.com/register/event;jsessionid=78B446F4DF463303ACF746A22AB6D8DC.worker\\_registrant?llr=5dggqijlab&oeidk=a07earktfcms589ofb38](http://events.r2o.constantcontact.com/register/event;jsessionid=78B446F4DF463303ACF746A22AB6D8DC.worker_registrant?llr=5dggqijlab&oeidk=a07earktfcms589ofb38)

### **Color, Sound, Odor & Emotion Carnival Niki Bilton, M.Ac, OMBAC, L.Ac**

Saturday October 3 – Monday October 5, 2015 • 9:30 – 5:30 pm;  
Registration 9 – 9:30 am

\$315 to \$415 • 18 PDA points from the NCCAOM. A professional workshop for acupuncturists. For registration and further information, email Julie Lawson, [jl@tendingshen.com](mailto:jl@tendingshen.com).

## PROFESSIONAL WORKSHOPS (cont.)

### **Touch Skills Training for Trauma Therapists, Module 2 Stephen J. Terrell, PsyD, SEP**

Friday, October 9 – Monday, October 12 • 9:30-5:30 pm • \$775.00.  
For more details, registration info & questions visit [http://www.somaticpractice.net/trainings/touch\\_skills/2015/silver\\_spring\\_md\\_us/](http://www.somaticpractice.net/trainings/touch_skills/2015/silver_spring_md_us/)

### **Brainspotting™ Phase 2 • Pie Frey, PsyD**

Friday, October 23 – Saturday, October 24, 2015 • 9:00 – 6:00pm  
Early Registration until September 23, 2015: \$475;  
Standard Registration: \$500; 14 CEU's an additional \$35.  
To register, contact Michael at [connect@drpiefrey.com](mailto:connect@drpiefrey.com). Special Offer for Phase 2 Re-Trainees – Contact Michael for details!

### **Five Elements and the Daoist Five Yin Qigong • Eve Soldinger, MPH, MMQ, M.Ac., Dipl.Ac.(NCCAOM)**

October 31- November 1, 2015 • 10am-5:30 pm • \$250 for the weekend.  
If you have questions or to register contact: [evesoldinger@gmail.com](mailto:evesoldinger@gmail.com) or call/ text (202)258-5339; for further information go to [www.evesoldinger.com](http://www.evesoldinger.com)

### **Healing Touch Level 2 • Lucrezia Mangione**

Saturday & Sunday • November 7-8 • 8:30 – 6 pm  
Registration 8 - 8:25 on day 1, Early registration: \$275.00 if received by September 28. Regular tuition: \$365.00; Regular AHNA/HBB member tuition: \$350.00; Regular Fulltime Student or Repeater: \$275.00.  
For more details, registration info & questions contact: Lucrezia Mangione at [hhservice@handcraftedhealth.net](mailto:hhservice@handcraftedhealth.net) or 802-578-3700.

### **Trauma-Informed Yoga for Youth Training • Ivy Katz**

Friday, December 11, 5:30 p.m. – 9:30 p.m.; Saturday, December 12 & Sunday, December 13th, 10:00 a.m. - 4:00 p.m. More information can be found at: <http://thevillageyouth.org/yoga-for-youth.html> Registration info: <http://streetyoga.org/silver-spring-md-district-of-columbia-december-2015/>

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