

UNIQUE OFFERINGS

Certificate in Applied Positive Psychology (CAPP) Katie Conlon

OS 1	(Positivity)	September 24 & 25
OS 2	(Positivity)	October 22 – 23
OS 3	(Engagement)	November 12 – 13
OS 4	(Relationships)	December 3 – 4
OS 5	(Meaning)	January 7 – 8, 2017
OS 6	(Achievement)	February 4 – 5, 2017
OS 7	(Vitality)	March 4 – 5, 2017

Total cost of the 6-month course is \$4,500 if paid in full.

Become certified as a Positive Psychology Practitioner—an expert in the theory, science and application of positive psychology - and use this knowledge to help individuals, organizations and communities build the six pathways of flourishing and well-being.

For more information or to register, go to www.certificateinpositivepsychology.com or contact Katie Conlon at katie@phoenixnestllc.com with any questions.

The Way of Wholeheartedness: Healing Relationship Conflicts • David Mercier, M.S., L.Ac., and Kelly Dorfman, M.S., LND

Saturday • October 29 • 9:00 am – 4:30 pm • \$97 early bird registration until October 7, or \$119 thereafter. Clients of practitioners at Crossings: \$49 early bird registration, \$60 after October 7.

In this interactive one-day event, you will learn how to: Stop unintentionally sending messages that fuel conflict; Connect to the authentic person beneath the behaviors that bring out your resentment, anger, or irritation; Generate positive and transformative changes without the other person changing first.

Register online at Eventbrite: <http://goo.gl/gxeMn8>

Stepping Out: A Group for Stepmothers Amy Scott, MSW, LCSW-C

Sunday • December 11, 2016 • 3 – 5 pm • \$50

Are you in a relationship with step kids? Stepping Out uses relaxation, music and talk to re-energize, gain insights and learn strategies to live more joyfully in your complicated role. Connect with other stepmoms; share your story!

For more information and to register, email: stepmothersmatter@gmail.com.

Embarking Upon a Creative Practice: A One-Day Retreat Nicole Salimbene and Susi Wyss Sunday • November 20 • 10:00 – 3:00 pm • \$80 per person All materials are included with the fee.

This one-day workshop is designed for people who don't consider themselves artists or writers, but are open to playful exploration of art and writing as a means of self-discovery. Nicole and Susi will lead participants in writing and art exercises introducing the practice of keeping a journal as a tool for reflection, self-inquiry and wellness.

To register, email Nicole Salimbene at salimbene@mac.com or call (240) 367-2301. You can mail checks to Crossings (to the attention of and made payable to Nicole) or pay by credit card with Nicole.

Opening to Your Creativity • Nicole Salimbene Tuesday evenings • 7:00 – 8:30 pm • November 22, 29, December 6, 13, \$125 per person. All materials, along with journals, are included with the fee.

During this four-week session, Nicole will lead participants in a series of writing and art exercises introducing the practice of keeping a visual journal as a tool for reflection, self-inquiry, and meditation. No prior art skills needed.

To register, email Nicole Salimbene at salimbene@mac.com or call (240) 367-2301. You can mail checks to Crossings (to the attention of and payable to Nicole Salimbene) or pay by credit card with Nicole.

YOGA

Yoga for EveryBody • Elizabeth Hubley, E-RYT 200 Thursdays • Ongoing • 12-1 pm • Purchase a 5-class pass for \$95 \$20 drop-in

Join Elizabeth to build strength, improve body awareness, and find deep relaxation and healing. Everybody is welcome—including those new to yoga, people with minor limitations, and pregnant women.

Register online at: <http://sienawellness.com/crossingsyoga.html> or email Elizabeth at elizabeth@sienawellness.com.

Classes/Workshops
crossingshealing.com

MOVEMENT & DANCE

The willPower Method®, • Devon Gray, Level II Instructor

Mondays • 5:15 – 6:15 pm • September 19 – October 10 (\$50) (Oct. 3rd is a free class), Oct. 24 – Nov. 14 (\$70) • \$20 drop in

The willPower Method is a multi-level barefoot bodyweight training class infused with positive philosophy. The class runs for 60 minutes, and incorporates cardio, balance, strength and flexibility training. Train your body from the ground up!

Contact Devon to register: dgray@crossingshealing.com

Lunchtime Yin Yang Yoga Taiji • Kevin Mutschler

Tuesdays • October 11 – November 29 • 12 – 12:45 pm • \$150 series of eight classes • \$20 drop in

Taste of Taiji: Yin Yang Yoga is a weekly energy workout based on ancient Qigong and Taiji movements especially selected for today's stressful work and living. Just follow along as Kevin guides you through a balanced, relaxing, and revitalizing class.

To register, please go to www.healingsupport.com or email kevin@healingsupport.com; or call (240) 461-9300.

T'ai Chi • Michael Ward, LCSW

11-Week Session: Wednesdays • September 21 – December 14 (No Classes 10/12 & 11/23)

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) • \$235 for 11-class session meeting once per week for one hour.

Cloud Hands T'ai Chi classes introduce students to the choreography of the 37 movements and postures that comprise Cheng Man-ch'ing Yang Style Tai Chi (AKA "the T'ai Chi Form"). *(CMC = Cheng Man-ch'ing)

For further information and to register, please go to www.CloudHandsTaiChi.net. Phone: 301-525-8266.

Dancing for Repair: Celebrating What is Whole Evelyn Torton Beck, Ph.D. and Judith Walton, Ph.D.

Fridays, 7:30 – 9 pm • September 16 & 30, October 28, November 11 & 18, December 2 & 16, 2016 • \$84 (bring check made out to Judith Walton to the first session) • \$20 per drop-in

This year we will focus on dances that embody understanding, compassion, wholeness, health and healing, inner and outer peace.

No previous dance experience is necessary, no partners needed; all dances are simple and each will be taught every time.

For further information, contact Evi at etb@umd.edu or Judith at 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

Mother Voyage, an ongoing therapy group for women who are mothers of children of all ages, offers an opportunity to reflect, practice self-compassion, and feel empowered to be the mom you want to be. Join us to learn and rejuvenate yourself with a circle of kindred women. Insurance Reimbursable.

To register call Lisa Makstein: 301-963-5696 OR Marla Zipin: 301-899-4733.

MEDITATION

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

Morning Meditation • Every Monday, Wednesday, Friday • 7 – 8 am

Evening Meditation & Mindfulness Program • Every Thursday • 7 – 9 pm

Orientation to Still Water Mindfulness Practice Center and basic mindfulness practices • First Thursdays (monthly) Orientation: 6:30 pm

Join the Still Water community at Crossings to learn Mindfulness practices, such as sitting and walking meditation, and to be part of a nourishing community. Newcomers and visitors are always welcome. Weekly Still Water programs at Crossings are supported by donations.

More information: www.StillWaterMPC.org or contact Still Water at Info@StillWaterMPC.org or 301-270-8353

Introduction to Mindfulness and Meditation: Living Life in the Present Moment • Scott Schang

Mondays • September 26, Oct. 3, 10, 17, 24, & Nov. 7, 7:30 – 9:00 pm \$120 donation, with reduced cost available if donation is hardship.

Intended for both new and experienced practitioners, the class will explore sitting and walking meditation, mindful eating, mindful movement, and other techniques to help reduce stress and cultivate mindfulness.

Register at www.stillwatermpc.org. For more information, contact Scott Schang, scottdc1@aol.com, 301-565-0585.