

# Crossings

Healing & Wellness

301-565-4924 • [crossingshealing.com](http://crossingshealing.com)

# Spring/Summer

Classes & Workshops **2019**

## UNIQUE OFFERINGS

**Mandala Doodle© Workshop • Kathy Rausch, Author**  
*Activate Divine Creativity, The Life-Changing Magic of the Mandala*

**Saturday • June 1 • 12 - 4 pm**

**\$45 and includes a signed copy of the book, "Activate Divine Creativity, The Life-Changing Magic of the Mandala"**

By using the combination of sacred geometry and creativity while creating a mandala, you are in a meditative and mindful state. There is NO ARTISTIC experience required. All you need is a willingness to learn to allow your soul to speak creatively.

Sign up online to save your spot! [www.ActivateDivineCreativity.com/events/](http://www.ActivateDivineCreativity.com/events/)

**What It Is: A Meditation Daylong for People of Color**  
**La Sarmiento**

**Saturday • August 24 • 9 - 5 pm**

As people of color in this country, often our histories, cultures, perspectives, and lives are oppressed, rejected or ignored by the dominant culture. At this gathering, we will cultivate a space to be seen heard, and respected for all of who we are to support individual and collective healing. This daylong is open to beginning to advanced practitioners who identify as a person of color.

**People of Color Daylong - registration opens on May 26, 2019**

**True Colors - Honoring our Buddhature: A**  
**Meditation Daylong for the LGBTIQ Community**  
**La Sarmiento**

**Sunday • August 25 • 9 - 5 pm**

At this daylong, we will gather together to practice insight meditation and to cultivate the "Divine Abodes" of loving kindness, compassion, sympathetic joy, and equanimity as we take refuge in our own fabulous buddhature, the wisdom of Larry Yang's "Directing the Mind Towards Practices in Diversity", and our beloved sangha. This daylong is open to beginning to advanced practitioners who identify as LGBTIQ.

**LGBTIQ Daylong - registration opens on May 27**

## YOGA

**Yoga to Renew & Restore • Elizabeth Hubley, E-RYT 200**

**Thursdays • 12-1pm • 5-week session**

**April 4 – May 2; May 9 – June 6; June 13-July 18 (no class 7/4)**

**& July 25 – August 22 • \$95 for a 5-week session, \$20 per class to drop-in**

To register please visit: <http://www.sienawellness.com/group-classes.html>  
call 202-810-3010 or email [elizabeth@sienawellness.com](mailto:elizabeth@sienawellness.com)

## MOVEMENT & DANCE

**Awareness through Movement • Carol Regan, Guild**  
**Certified Feldenkrais Method® Practitioner**

**Mondays • 6:15 – 7:15 pm • May 20 – July 22 • \$175 for 10-week session; Drop-In Fee: \$20 per class**

To register, or for more information, contact Carol Regan, Guild Certified Feldenkrais® Practitioner at [carolregan53@gmail.com](mailto:carolregan53@gmail.com)

**T'ai Chi • Michael Ward, LCSW**

**Wednesdays • April 24 – July 10 (No Classes 6/12/19 or 7/3/19)**

**6:30 - 7:30 pm Beginners 2 (Postures 13-24)**

**7:30 - 8:30 pm Beginners 3 (3rd /final section; Postures 25-37)**

**8:30 - 9:30 pm Corrections (entire 37 postures of CMC\* Yang form)**

**\$240 for 10-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: 301-525-8266.

**Sacred Circle Dance; Dancing for Repair and**  
**Celebrating What is Whole • Evelyn Torton Beck, Ph.D.**  
**and Judith Walton, Ph.D.**

**Fridays • 7:30 – 9:00 pm • May 10 & 24; June 7 & 21 • \$20 drop in**

Sacred Circle dances are moving meditations that embody and integrate mind, body and spirit. Each dance is taught every time. Our philosophy of dance is, "there are no mistakes, only variations!"

For further information contact Evi at [etb@umd.edu](mailto:etb@umd.edu) or Judith at [jwaltondc@yahoo.com](mailto:jwaltondc@yahoo.com)

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## HOLISTIC PARENTING

**Mother Voyage: A Therapy Group for Moms**  
Lisa Makstein, LCSW-C & Marla Zipin, Ph.D.

Tuesday • Ongoing • 10:00 – 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. We believe that when mom is nourished, her family flourishes. Join us to learn and rejuvenate yourself with a circle of kindred women.

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, Sr. Teacher**

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.

### Morning Meditation

Every Monday, Wednesday, Friday

7:00 – 8:00 am

### Evening Meditation & Mindfulness Program

Every Thursday • 7:00 – 9:00 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.

# Spring/Summer 2019

## PROFESSIONAL WORKSHOPS

**The Clinical Application of Five-Element Acupuncture,**  
Jane Grissmer & Linda Simons

Clinical Application Day — Sunday • May 5 • 9:00am – 5:00pm

CEU's: 7 per day • \$150 for full day

Patient Consult Weekend — Sat–Sun • June 22 & 23

CEU's: 7 per day • Consultation fee \$175. Observation fee \$125/day; \$225 full weekend

To register: email [jgrissmer@crossingshealing.com](mailto:jgrissmer@crossingshealing.com) or [lindaasimons@gmail.com](mailto:lindaasimons@gmail.com)

### The Tao of Trauma

Alaine Duncan, M.Ac., L.Ac., Dipl.Ac., SEP

June 8 & 9 — Restore Coherence

September 14 & 15 — Digest the Gristle

November 2 & 3 — Awaken Arousal

60 CEU's for Licensed Acupuncturists via the NCCAOM and for Mental Health and Medical Providers through R. Cassidy Seminars.

For questions and registration info, email us at [info@integrativehealingworks.net](mailto:info@integrativehealingworks.net) or call Alaine at 301-806-4003.

### Somatic Experiencing Practitioner Training

Intermediate 1: May 17-20, 2019 • Linda Stelte, M.Ed, SEP, CCC

This training, developed by Dr. Peter Levine, offers participants the opportunity to learn a physiologically based approach to trauma resolution. Our bodies house the results of nervous system overwhelm – trauma, and the renegotiation of the trauma comes from attending to the nervous system processes.

To learn more and to register for future trainings, please visit: <https://traumahealing.org/learn-se/>

[crossingshealing.com](http://crossingshealing.com)