

# Crossings

Healing & Wellness

301-565-4924 • crossingshealing.com

# Winter/Spring Ongoing Classes & 2018 Unique Offerings

## UNIQUE OFFERINGS

**Free Your Neck and Shoulders/Awareness through Movement Workshop • Carol Regan, Guild Certified Feldenkrais Method® Practitioner**

Saturday • March 17 • 3:00 – 5:00 pm Early bird sign up with a friend: \$25/each by March 1 • \$35 per person after March 1.

For more information & to register, please contact Carol Regan at carolregan53@gmail.com. Workshop will be followed by a four-week series of Awareness through Movement classes focusing on the neck and shoulders, beginning Tuesday, April 3.

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**Ecstatic Drumming Circle (for Everyone)  
Sharon Gervasoni**

Sundays • January 14, March 18 & April 22 • 3 pm to 5 pm  
\$30 per circle (cash or check only)

**Ecstatic Drumming Circle for Therapists and Bodyworkers • Sharon Gervasoni**

Sunday • February 11 • 3:00 to 5:00 pm  
\$30 per circle (cash or check only)

No drumming experience is needed; instruments will be provided. If you do have a drum, rattle or other percussion instrument, please bring it! Space is limited to 20 participants. Register by emailing Sharon at RevSharonG@gmail.com.

**Be Your Own Therapist: Learn Ways to Change Your Inner Voice • Alyssa Adams, PsyD, CNS - Clinical Psychologist, Integrative Nutritionist, and Life Coach**

Saturday • March 17 • 9:00 am-12:00 pm • \$167

For more information email Alyssa@DrAlyssaAdams.com. Sign up for the workshop on www.drallyssaadams.com, under the "Work with me" tab on the homepage.

## YOGA

**Yoga for Everybody • Elizabeth Hubley, E-RYT 200**

Thursdays • Ongoing • 12:00 - 1:00 pm • 5-classes for \$95, \$20 drop-in

Register online at: <http://sienawellness.com/crossingsyoga.html> or email Elizabeth at [elizabeth@sienawellness.com](mailto:elizabeth@sienawellness.com).

## MOVEMENT & DANCE

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

Six-week Introductory Series: Mondays • 6:15 - 7:15 pm

January 22 – March 5 • \$108 eight-week (\$18 per class)

Drop-In Fee: \$20 per class

Focus on Neck & Shoulders: Tuesdays, 6:15 – 7:15 pm • April 3 – 24  
\$72 for four-week session (\$18 per class); Drop-In Fee: \$20 per class

To register or for more information, email carolregan53@gmail.com or call 301-580-9418.

**T'ai Chi • Michael Ward, LCSW**

10-Week Session: Wednesdays • January 17 – March 28 (No Classes 12/21)

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) • \$230 for 10-classes meeting once per week for 1 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 • January 12, 26, February 9, 23, March 9, 23, April 13, 27, May 18 and June 1, 15, 29

\$144 for the session (bring check made out to Judith Walton to the first session) • \$20 per drop-in fee.

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

# Classes/Workshops

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

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Visit

crossingshealing.com  
to find out more.

## HOLISTIC PARENTING

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

Tuesday • Ongoing • 10:00 – 11:30 am • \$70 per class

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.

## MEDITATION

**Mindfulness Meditation • Offered by the Still Water  
Mindfulness Practice Center • Mitchell Ratner, Sr. Teacher**

Morning Meditation • Every Monday, Wednesday, Friday  
7:00 – 8:00 am

Evening Meditation & Mindfulness Program  
Every Thursday • 7:00 – 9:00 pm

**A Calm Mind and a Joyful Heart: A No-Fee Introduction to Mindfulness  
Meditation • Tuesday, January 30 • 7- 8:30 pm • Registration required.**

**Smiling like a Buddha: A Six-Session Mindfulness Meditation Class  
Tuesdays, February 6 – March 13 • 7:00 – 9:00 pm • \$180**

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. 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.

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.

## PROFESSIONAL WORKSHOPS

**The Tao of Trauma: East Meets West for Integrative  
Healing • Alaine Duncan, M.Ac., L.Ac., Dipl.Ac., SEP**

Mobilizing A Response • Saturday and Sunday • March 3 & 4  
9:30 – 5:30

\$350 per workshop, if paid 30 days in advance, \$375 thereafter.  
Half price for previous attenders. 12 PDAs per module.

Register at: [integrativehealingworks.net/class-registration/](http://integrativehealingworks.net/class-registration/).  
More info: Alaine Duncan 301-806-4003;  
[Alaine.duncan@integrativehealingworks.net](mailto:Alaine.duncan@integrativehealingworks.net).

**Usui Reiki Level I Class and Attunement**  
Rev. Anthony Farmer, Usui Reiki Master Teacher

Saturday • February 10 • 9 am-1 pm • \$150

**Usui Reiki Level II Class and Attunement**  
Rev. Anthony Farmer, Usui Reiki Master Teacher

Saturday • March 10 • 9am – 1 pm • \$150 (\$100 if you attend the  
February 10, Reiki Level I class)

To register or if you have any questions, contact information:  
Rev. Anthony Farmer (202) 413-9115, [revanthony@visionsoftheheart.org](mailto:revanthony@visionsoftheheart.org),  
[www.revanthonyfarmer.com](http://www.revanthonyfarmer.com).

**Somatic Experiencing Practitioner Training**  
Berns Galloway, M.Ed, SEP, CCC

Beginning 2: February 16-19

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

**Certificate in Applied Positive Psychology (CAPP)**  
Katie Conlon

OS 4 (Relationships) January 6 & 7

OS 5 (Meaning) February 3 & 4

OS 6 (Achievement) February 24 & 25

OS7 (Vitality) March 24 & 25

For more information or to register, go to [www.certificateinpositivepsychology.com](http://www.certificateinpositivepsychology.com) or contact Katie Conlon at [katie@theflourishingcenter.com](mailto:katie@theflourishingcenter.com) with any questions.

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2018 [crossingshealing.com](http://crossingshealing.com)