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discover
your path
to **wellness**

A SEASONAL OFFERING

Journey through the Seasons: Summer Blazes

Sue Berman, M.Ac., L.Ac. and Robyn Gordon, M.Ac., L.Ac.

Saturday, June 20 ■ 9:45 am - noon ■ \$15/person

It's PARTY TIME! Join us for a morning of FIRE foods, music, dance, and play. The Summertime offers us joy, partnership, connection to the child within and a great excuse to PARTY! Acupuncturists Sue Berman and Robyn Gordon will present the FIRE Element from the Five-Element tradition of Chinese Medicine. Learn about the 4 pathways to health that keep us balanced and in love with life! Please dress in something red, bring a "clean" joke to share and please arrive a few minutes early since we will be starting promptly at 10am.

Registration is required by June 17. Robyn Gordon: (301) 655-7444 or robbyngordonacu@gmail.com or Sue Berman: 301-661-6810 or berman625@verizon.net

UNIQUE OFFERINGS

Moving Through the Tree of Life:

Where T'ai Chi meets Kabbalah ■ Sue Gurland

Monday, August 3 ■ 7:30 - 8:45 pm ■ \$15

Moving Through the Tree of Life uses gentle meditative exercises in a Jewish context to connect the Divine spark within to the Divine Source of Being. Its standing postures, drawn from t'ai chi and qi gong, combined with Jewish visualizations, offer an embodied experience of Jewish spirituality. No experience necessary. All are welcome.

For further information: suegboca@gmail.com; (561) 699-5115; or visit www.movingthroughthetreeoflife.com. To register, contact officemanager@crossingshealing.com, 301-565-4924, x-104.

2015 **spring**
summer

UNIQUE OFFERINGS

Chakra Workshops ■ Shira Oz-Sinai ■ Saturdays ■ 1:00 - 4:45 pm
The Root Chakra Workshop: May 30 ■ \$95; register by May 15 ■ \$75

This workshop is an experiential and meditative exploration of the first chakra, or energy center, for cultivating a resilient sense of safety. The Root Chakra is associated with the base of the spine, legs, and feet, and it relates to our basic survival needs and sense of belonging. We'll explore this chakra using gentle movement (Chakra Tai Chi), self-administered healing touch (acupressure), mudras or yogic hand gestures, reflection on sounds and images, journaling, and Yoga Nidra meditation.

The Second Chakra Workshop ■ June 20 ■ \$95; register by June 5 ■ \$75

The Second Chakra, or energy center, is intimately connected to our emotions, sensuality, creativity, and passion for life. We'll explore this chakra using gentle movement (Chakra Tai Chi), self-administered healing touch (acupressure), mudras or yogic hand gestures, reflection on sounds and images, journaling, and Yoga Nidra meditation. If you've been feeling stuck on a creative project or trying to find your flow--this workshop is for you!

The Third Chakra Workshop ■ July 18 ■ \$95; register by July 3 ■ \$75

The element associated with the Third Chakra, or energy center, is FIRE. In this workshop, we'll combine tools from acupressure and Yoga Nidra meditation to explore our personal fire--will, power, and confidence. This is where we gently examine what and how we think of ourselves as well as the patterns of thought that keep us from shining bright. The action here is transformation. If you've been wanting to fire up your self-esteem--this workshop is for you!

No experience necessary. All bodies welcome. Info & Registration @ www.ShiraOzSinai.com/classes.
Questions? Call Shira @ (240) 839-1661 or Shira@AwakenMyHeartNow.com

YOGA

Strengthen and Restore Yoga ■ Elizabeth Hubley
Thursdays ■ April 23 – May 28 ■ 12 - 1 pm
\$105 for a 6-week session, \$20 drop-in class (space permitting)

Join Elizabeth for movement, breath, balance, and relaxation. We'll move through active sequences with modifications to ensure that the postures are accessible to all students. Breath awareness and restorative postures will provide deep relaxation and healing. Students of all levels are welcome, including those new to yoga, people with minor limitations, and pregnant women. Classes are ongoing, beginning April 23. Elizabeth is also available for Private Yoga Sessions.

Register online at <http://www.sienawellness.com/crossingsyoga>, by e-mail at elizabeth@sienawellness.com, or by phone at 202-810-3010.

PROFESSIONAL WORKSHOPS

Touch Skills Training for Trauma Therapists, Module 1
Stephen J. Terrell, PsyD, SEP
Friday, May 15 – Monday, May 18 ■ 9:30 - 5:30 pm ■ \$775

The primary focus of this program is on developing tactile skills, somatic awareness, and other touch-related skills in the context of working with the resolution of trauma. Mental health providers, touch therapists, and other somatic practitioners will find this training useful for increasing their skills for more directly including the body in the resolution of traumatic stress symptoms.

The program is designed to progressively build the participants' understanding and confidence in being able to incorporate different types of touch, different body systems and tissues, and different somatic practices into their trauma recovery practice.

Prerequisites: Knowledge and experience in a biophysiological model of trauma resolution, such as Somatic Experiencing or Sensorimotor Psychotherapy is a foundation for this program. Enrollment in the Somatic Experiencing Advanced year (or equivalent), or permission of instructor.

For more details, registration info & questions visit http://www.somaticpractice.net/trainings/touch_skills/2015/silver_spring_md_us/

The Fundamentals of Somatic Experiencing® ■ Berns Galloway
Friday ■ June 19 ■ 9:30 - 5:30 pm ■ \$100
6 CEUS through CBBS (CA), CABRN (CA), NBCC

This day-long workshop is designed for professionals who work with the effects of trauma, including: mental health professionals, body workers, PTs, OTs, RNs, MDs, EMT, teachers, clergy, and other professionals in the healing arts. If you currently have a practice that brings you into relationship with people who have symptoms of stress or trauma, or are simply are challenged by the demands of modern life, this workshop will give you a new, refreshing perspective and tangible skills to support your work. And, if you are curious about the extended SE® Professional Training, attending this event is an ideal way to explore how the professional training may benefit your practice.

For more information and to register contact: officemanager@crossingshealing.com, 301-565-4924, x-104.

2015 spring
summer

MOVEMENT AND DANCE

The Dragon's Way® Program

(6-Week Weight-Management & Stress-Management Program)

Cristina Abella

6-Week Class Sessions: Thursdays, May 28 – July 9, 2015 (no class July 2)

7:00 - 8:00 pm

\$199 for new participants; \$149.00 for returning participants*

We live in a society where stress is accepted, where being stressed out can be seen as a “badge of honor.” The question then becomes: “How do we take care of ourselves so that we are healthy and have balance in our lives? Are you ready to transform your life by bringing in good health, balance and flexibility? Join us for The Dragon's Way® Program, a 6-week weight-management & stress-management program, based on Traditional Chinese Medicine principles, which incorporates: Wu Ming Qigong, an ancient self-healing energy movement practice, Foods for Healing, Lifestyle Changes, and Herbal Supplements to usher in better health, balance and flexibility.

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, cristina.abella@verizon.net or visit www.cristina-abella.com.

* Includes weekly group practice/discussion & audio CD “The Dragon's Way: Ten Qigong Meridian Movements”

Sacred Circle Dancing ■ Evelyn Torton Beck, Ph.D. and Judith Walton, Ph.D. Celebrating Goddesses Around the World

**Fridays ■ May 1, 22, June 5, 127:30 - 9 pm ■ \$144 for series or \$20 drop in
If enrolled since January, no additional fees.**

“Mothers of the Earth,” “Queens of the Universe,” “Queens of the Heavens”-- these are “names for goddesses believed to be creators, lawmakers, prophets, healers, hunters, battle leaders, and truth-givers.” This coming year we will be honoring these goddesses as we dance their attributes. No partners or previous dance experience is necessary. All dances are simple and each will be taught each class. Our philosophy of dance is “there are no mistakes, only variations.”

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 OR jwaltondc@yahoo.com.

MOVEMENT AND DANCE

A Potpourri of Summer Dances

Evi Beck: Fridays ■ July 10, 24, August 7, 21 ■ 7:30 - 9 pm

July & August class: \$48 payable at first class or \$20 per class drop in

Circle dances, no matter the theme, are simple, gentle dances that have special meditative qualities and ancient roots in music and dance from around the world. Powerful in their effect, they evoke a spiritual dimension leading to harmony and balance, integrating mind, body and spirit. No previous dance experience needed. All dances will be taught each time. In our philosophy of dance “there are no mistakes, only variations.”

For further information contact etb@umd.edu or jwaltondc@yahoo.com.

HOLISTIC PARENTING

Mother Voyage: A Group for Moms

Lisa Makstein, LCSW–C and Marla Zipin, Ph.D.

Tuesday ■ Ongoing ■ 10:00 - 11:30 am ■ \$70 per class

Insurance Reimbursable

Would you like a safe, nurturing place to talk with like-minded mothers about what really matters most to you? Do you want to heal, as needed, the parenting patterns from your childhood and draw on the best of your past, as you mother? Do you want support to parent intentionally and consciously, so you are energized and inspired in your family life? 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.

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, Senior Teacher**

Many of us live as though there were tape recorders in our heads – constantly playing back worries, fears, regrets, commentary, and criticism. Mindfulness practice enables us to find the pause buttons on our recorders, to shift from thinking about the world to experiencing it. 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, and Friday ■ 7 - 8 am
Evening Meditation and 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 or contact Still Water at Info@StillWaterMPC.org or 301-270-8353.

2015 spring
summer

PROFESSIONAL WORKSHOPS

Healing Touch ■ Lucrezia Mangione, MA, LGPC, CMT, CHTP/I
Level One: Saturday & Sunday ■ June 13 – 14 ■ 8:30 - 6 pm

Registration 8:00 - 8:25 on day 1

Special discount for 2 classes: \$255 each or \$510 for both classes by June 1, 2015

Regular tuition: \$365*; Regular AHNA/HBB member tuition: \$350*

Regular Fulltime Student or Repeater: \$275* ■ 18 CE's NCBTMB, AHNA, ANCC and & CA Board of Registered Nursing

Healing Touch (HT) is designed for care givers, healthcare professionals & individuals committed to self-care and healing of self and others. HT is a complementary and integrative health care process used in families, hospitals, clinics, and private practices world wide for improved health and wellbeing. Healing Beyond Borders HTI Healing Touch Certificate Program provides a grounded approach to bioenergy therapy and transformative touch. It has heart-centered philosophy and it is research based. HT helps you improve the help you give to others and your own self-care.

For more details, registration info & questions contact: Lucrezia Mangione at hhservice@handcraftedhealth.net or 802-578-3700.

Level Two: Energy Therapy . . . the next steps: Pre-requisite is Healing Touch Level 1

Saturday & Sunday ■ August 29-30 ■ 8:30-6 pm

Registration from 8:00 - 8:25 on day 1

Early Bird rate: \$275* when full payment received by July 17, 2015

Special discount for 2 classes: \$255 each or \$510 for both classes by June 1, 2015

Regular tuition: \$365*; Regular AHNA/HBB member tuition: \$350*

Regular Fulltime Student or Repeater: \$275* ■ 18 CE's NCBTMB, AHNA, ANCC and & CA Board of Registered Nursing

Ready to learn back/neck techniques that help with pain management/reduction and decrease anxiety levels? Healing Touch is a complementary and integrative health care process used in families, hospitals, clinics, and private practices world wide for improved health and wellbeing. Healing Beyond Borders HTI Healing Touch Certificate Program provides a grounded approach to bioenergy therapy and transformative touch.

For more details, registration info & questions contact: Lucrezia Mangione at hhservice@handcraftedhealth.net or 802-578-3700.

* Tuition includes manual, certificate and 18 contact hours

2015 spring
summer

MOVEMENT AND DANCE

Lunchtime Yin Yang Yoga Qigong ■ Kevin Mutschler

Tuesdays ■ April 7 – June 9 ■ 12 - 12:45 pm

\$150 for the series. Drop-in rate: \$20.

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. Gentle, simple rhythmic movements enhance and balance the circulation of qi, erasing the effects of stress and promoting strength, balance, calmness and healing.

To register, please go to www.healingsupport.com or email 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

\$160 full session of 8 classes; \$150 6 classes; \$30 single class

Helen guides students by building gentle movement sequences that help improve body awareness, increase range of motion and promote coordination and ease of movement. Returning students have priority reservations. Enrollment is ongoing. Class size is limited. Pre registration is required. Guarantee a spot in class by enrolling in a series. Other attendees admitted if space is available.

Call 301-587-7478 or email helenrea@aol.com for further information and to reserve your space.

T'ai Chi ■ Michael Ward, LCSW

12 class session on Wednesdays ■ Apr. 29 – July 29 (No Classes May 27 & June 2)

6:30 - 7:30 pm Beginners 2 (2nd section; Postures 13-24)

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

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

\$235 for 12-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"). Students learn the first section of "the Form" - the first 12 of 37 movements - in the Beginner Part 1 class. Postures 13-24 are taught in the Beginner Part 2 class. The final 13 postures are taught in the Beginner Part 3 class. Beginner Part 1 will be offered again in the September - December session, but new students are welcome to start at any time. Each week there is a review of all previously taught postures. After students have learned the entire form, the "Corrections" class refines the external movements, as well as focusing internally on how to maximize relaxation and balance while doing the movements of the T'ai Chi form.

For further information and to register, please go to www.CloudHandsTaiChi.net. Phone: 301-562-0992.

* (CMC = Cheng Man-ch'ing)