

## A SEASONAL OFFERING

**Journey through the Seasons: Spring—Generating New Perspectives • Sue Berman, M.Ac., L.Ac. and Robyn Gordon, M.Ac., L.Ac.**

**Saturday, March 12 • 9:45 am – noon • \$20 (check/cash only)**

Registration is required by March 9. Robyn Gordon: (301) 655-7444 or robyngordonacu@gmail.com or Sue Berman: (301) 661-6810 or berman625@verizon.net.

## UNIQUE OFFERINGS

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

**Sunday, January 10 • 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.

**Opening to Your Creativity • Nicole Salimbene**

**Monday evenings • 7:00 – 8:30 pm • January 18 – February 22**

**Thursday mornings • 9:00 – 10:30 am • January 21 – February 25**

\$150.00 per person. All materials, along with journals, are included with the fee. Payment collected at first workshop. To see more of Nicole's work, please go to her website: [www.nicolesalimbene.com](http://www.nicolesalimbene.com). Maximum Enrollment: 12. Email Nicole Salimbene at [salimbene@mac.com](mailto:salimbene@mac.com) or call (240) 367-2301 to register.

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

**OS 1 (Positivity) April 2 & 3, OS 2 (Positivity) April 30 & May 1, OS 3 (Engagement) June 4 & 5, OS 4 (Relationships) July 30 & 31, OS 5 (Meaning) August 20 & 21, OS 6 (Achievement) September 24 & 25, OS 7 (Vitality) October 22 – 23.**

Registration deadline is February 22. Total cost of the 6-month course (which includes teleclasses and webinars in between onsite meetings) is \$4,500 if paid in full, or \$4,200 if paid in full by the January 11 Early Bird Deadline. Payment plans are also available. For more information or to register, go to [www.certificateinpositivepsychology.com](http://www.certificateinpositivepsychology.com) or contact Katie Conlon at [katie@phoenixnestllc.com](mailto:katie@phoenixnestllc.com) with any questions.

**Reducing Unnecessary Suffering: 10 Practices to Transform Your Life • Tom Balles, L.Ac. M.Ac. CH**

**Sunday February 21 • 9 am – 5 pm • Cost: \$125**

Bring a family member, friend, or co-worker, register by February 1st and the workshop fee will only be \$70/person! All registrations are required by February 10th. Contact Tom Balles at [tomballes1@yahoo.com](mailto:tomballes1@yahoo.com) or 301-776-2692 to register and answer any questions.

## MOVEMENT & DANCE

**Lunchtime Yin Yang Yoga Qigong • Kevin Mutschler**

**Tuesdays • March 15 – May 17 • 12 – 12:45 pm**

\$150 for the series of ten classes. 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**

\$160 for full session of 8 classes; \$150 for 6 classes; \$30 for a 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**

**Wednesdays • January 20 – April 13 • (No Classes 2/17, 3/30)**

**11-Week Session:**

**6:30 – 7:30 pm Beginners 1** (Postures 1-12)

**7:30 – 8:30 pm Beginners 2** (2nd section; Postures 13-24)

**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) or (301) 562-0992.

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

**Honoring Ancient and Everyday Goddesses: Fridays • January 8 & 15; February 5 & 19; March 11 & 25; April 1 & 15 & 29; May 13 & 27; June 10**  
**\$144 for the 12-session 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).

2016 winter**spring**

Classes / Workshops  
**crossingshealing.com**



## YOGA

### Strengthen and Restore Yoga • Elizabeth Hubley

Thursdays • 6-week series – February 4 - March 10 & March 17 – April 21 • 12 – 1 pm

\$115 for a 6-week session, \$20 drop-in class (space permitting).  
Register online at: <http://sienawellness.com/crossingsyoga.html> or call Elizabeth at (202) 810-3010.

## HOLISTIC PARENTING

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

Tuesday • Ongoing • 10–11:30 am • \$70 per class/Insur. 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.

## 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, February 29 • 7:00 – 8:30 pm • NO FEE

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.

### Smiling like a Buddha: A Six-Session Mindfulness Meditation Class

Mitchell Ratner, Senior Teacher, Still Water Mindfulness Practice Center  
Six Mondays, March 7 through April 18. (No class on March 28)  
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

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

Module 3: Friday, January 22 – Monday, January 25 • 9:30 – 5:30 pm • \$775  
Module 4: Friday, April 8 – Monday, April 11 • 9:30 – 5:30 pm • \$775

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/)

### DARe Module 4: From Wound to Wellness: Excavating Core Intactness, Power and Resiliency • Diane Poole Heller, Ph.D.

Friday – Monday • January 29 – February 1 • \$775 • CEUs: 22 credit hours for \$50. For further information, contact Mary Niebach, [mtylem@outlook.com](mailto:mtylem@outlook.com), and visit <http://dianepooleheller.com/workshops/dare-4/>.

### Healing with Qigong

Eve Soldering, MPH, MMQ, M.Ac., Dipl.Ac.(NCCAOM)  
February 6 – 7 • 10 am – 5:30 pm/\$250 for the weekend

For questions, contact [evesoldering@gmail.com](mailto:evesoldering@gmail.com) or call/text (202) 258-5339. For more information and to register go to: [www.evesoldering.com](http://www.evesoldering.com). For Acupuncture Practitioners: 12 NCCAOM PDAs; for Massage Practitioners: 12 CEUS.

### Somatic Experiencing Practitioner Training • Joshua Sylvae, MFT, SEP

Beginning 2: February 12– 15; Early Registration Deadline: January 13

For information and registration: <http://www.cvent.com/events/silver-spring-md-beginning-ii-february-12-15-2016/event-summary-bea7c272be7b4dob8544c92f46e0aaee.aspx>

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

Friday – Monday, March 4 – 7 • \$695; \$745 after February 4

For more information contact Louise Peyrot at [lmpeyrot@aol.com](mailto:lmpeyrot@aol.com).

### Family Constellations • Carol Heil, LCSW-C • Betsy Hostetler, PhD & Mary Rentschler, M.Ed

Sunday, April 3 • 9:30 – 5 pm • Registration at 9:15 am — \$125 • CEU's available through NASW

For information or to register, please visit our website: [www.theconstellationsgroup.com](http://www.theconstellationsgroup.com), or contact: Carol Heil (301) 899-4841, [caroljheil@aol.com](mailto:caroljheil@aol.com); Mary Rentschler (202) 244-8280, [wrenxx@verizon.net](mailto:wrenxx@verizon.net); Betsy Hostetler (202) 362-8672, [hostetler.betsy@gmail.com](mailto:hostetler.betsy@gmail.com).