

PROFESSIONAL WORKSHOPS

Healing Touch Level 1 ■ Lucrezia Mangione, MA, CMT, CHTP/I

Saturday & Sunday • March 16 -17 • 9 – 6pm

Cost: \$350.00, \$330 AHNA/HTI member, \$240 FT Student/Repeater; Materials: \$15.00 Early Bird Discount: for people who register and pay in full by January 13 the discount is \$240.00 plus \$15.00 material fee.

ANCC, AHNA, NCBTMB, & CA Board of Registered Nursing CE contact hours

Do you have loved ones that you help by using touch? Are you a massage therapist, PT, energy practitioner, acupuncturist or Yoga/Pilates teacher who feels that touch and thought positively impact the health of your client? Ready to embrace your next level of health & well being?

Healing Touch is a program providing a grounded approach to bioenergy therapy and transformative touch. A heart-centered philosophy that's research based, HT helps you improve the help you give to others and your own self-care. Learning is hands-on. Experience your energy anatomy. Learn headache, stress, pain, illness & wellness techniques. This class is for both the professional and general public. It helps cultivate health through caring touch. Healing Touch releases tension & stress, promotes healing, is integrated in over 28 hospitals, has an international certification program plus more.

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

Family & Organizational Constellations: Healing Ancestral Wounds Through the Energy Field ■ Carol Heil, LCSW-C, Betsy Hostetler, PhD & Mary Rentschler, M.Ed

Sunday • April 7 • 9:30 – 5:00pm • \$125 • CEU's available

Do you ever feel that no matter how much you wrestle with an issue nothing seems to change? Recurring patterns echo in our personal and professional relationships. Family and Organizational Constellations help us see these patterns - sometimes for the first time, certainly in new ways.

We invite you to participate in what could be a life altering experience. Whether in your own constellation or as a representative in another's, you will engage in a unique forum for self-discovery. Such experiences can be deeply moving and healing for everyone.

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

Crossings
a center for the healing traditions

301-565-4924
crossingshealing.com

Cultivate a conscious presence in daily living

UNIQUE OFFERINGS

Moving Forward Wholeheartedly ■ Michele Quesenberry

Saturday • January 12 • 9:30am – 5:30pm • \$120

Transform those things that hold you back into those things that propel you forward. Work with body, mind, emotions and spirit for personal clarity and attracting the life you desire. Accel your path to wholeness with loving yourself from the inside out. Michele Quesenberry is a Heal Your Life® Teacher and Life Coach, authorized and licensed by Hay House, Inc. **Please register at www.GratefulBits.com, or call 410-286-5591 for more information.**

Life is Method: Using Obstacles as the Stepping Stones for Growth

Elizabeth Ebaugh, LCSW-C, Psychotherapist; Mimi Malfitano – Meditation Teacher, Reiki Master, Mediator • Saturday • 1:00 – 4:00pm

January 26 • Introduction into the Field of Awareness

February 23 • Experiencing Connectivity and Support

March 23 • The Union of the Mind with the Heart

April 20 • Keeping the Door Open – Continued Practice

\$60 early registration 14 days prior to the event • \$75 regular registration

\$230 per person for all four paid in full by January 12

Life is Method is an experiential seminar series combining lecture, meditative experience, group activity and movement to help you feel more relaxed and supported in life. We will explore how perceived obstacles can become the stepping stones to the life you want to live through becoming aware of all your thoughts, feelings, sensations and responses to any situation. The Life is Method series is designed to help you strengthen and reconnect you to this state of "awakeness" or conscious awareness that may be shut off or hidden.

Cancellations will only be refunded if we are notified 14 days prior to the event. A \$10.00 administration fee will be applied to the refund. Payments can be made by check and mailed to: Elizabeth Ebaugh, 7630 Tomlinson Avenue, Apt. 11, Cabin John, MD 20818. If you have any questions regarding the seminars, please contact Elizabeth Ebaugh at eebaugh@gmail.com or Mimi Malfitano at mimi@subtletransformations.com

2013
winter spring

MOVEMENT & DANCE

Honoring Greek Gods and Goddesses through Sacred Circle Dance

Judith Walton, Ph.D. and Evelyn Beck, Ph.D.

Friday • Ongoing • 7:30 – 9:00 pm • Jan. 25, Feb. 8 & 15, Mar. 8 & 22, Apr. 5 & 19, May 10 & 24, June 7 • \$100 for the series; sign up on Jan. 25 and make checks out to Judith Walton or **\$20 drop-in fee**.

Come dance with us—as we honor the ancient Greek gods and goddesses that remain at the center of the Western imagination and have been the inspiration for poetry, art, opera, and dance. The myths surrounding these figures make clear that in highly exaggerated form, they share the strengths as well as the frailties found in each of us. Through Sacred Circle Dance we will honor the qualities they embody to see what we can learn from them. We offer old myths to see ourselves and each other with fresh eyes.

For registration and information contact etb@umd.edu OR jwaltondc@yahoo.com

PROFESSIONAL WORKSHOPS

Introduction to Somatic Freedom Technique ■ Kevin Mutschler

Friday • January 11 • 6:00 – 9:00pm • \$30

For: acupuncturists, massage therapists, PT's, energy practitioners, SE practitioners, Yoga and Pilates teachers. 3 CEU/PDA points NCCAOM or NCBTMB

Join Kevin Mutschler, MA, RPP, L.Ac., for an entertaining and engaging evening learning about and experiencing Somatic Freedom Technique. SFT is a simple and elegant approach to promoting the experience of somatic freedom in yourself and facilitating that experience through touch in your patients/clients. SFT offers a means of meeting directly in the present moment and profoundly supporting your patient/client wherever they are in their healing and through whatever modality you practice. Get introduced to and gain experience with the mindfulness practices, qigong exercises, and special hands-on support techniques that are the foundation of SFT. **To register, please go to www.prohealing.net; email kevin@prohealing.net; or call (240)461-9300. Credit: 3CEU's as 3CE-hours NCBTMB or 3PDA's NCCAOM**

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

Intermediate III: February 1-4

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. Over the total of eight modules this training offers, you will learn to detect and respond to the physiological and psychological effects of the disorganization of our nervous systems. **To learn more and to register for the training, please visit: http://www.traumahealing.com/training-schedule-blue/usa_md.html**

UNIQUE OFFERINGS

Thriving Through Conflict! Constructive Ways to Resolve Disputes and Increase Productivity ■ Susan Levin, Gwendolyn Poindexter Whiting, and Gregg DeMammos

Monday • March 18 • 9:30am – 4:30pm

The cost for the one-day session is \$199. If you bring someone with you, their cost is only \$99. As an added bonus, each attendee will be offered one hour of private, one-on-one coaching by one of our presenters (a \$200 value) after the workshop.

In this workshop, you'll learn practical and proven techniques to thrive through conflict – to work through disagreement to resolve conflict and increase productivity. This workshop is valuable for managers, business owners and employees at all levels in an organization. What makes it different is during the workshop you'll be individually coached on how to manage conflict. And you'll receive an hour of coaching afterward. You'll also learn how to work with different perspectives and find common ground. **For more information, please contact Susan Levin at 301-589-6222 or slevin@dialogueforsolutions.com**

Nuancing the Neck: Through Movement and Hands-on Somatic Freedom Techniques ■ Kevin Mutschler

April 12 • 6:00 – 9:00pm • \$30

Credit: 3CEU's as 3CE-hours NCBTMB or 3PDA's NCCAOM (pending)

For: acupuncturists, massage therapists, PT's, energy practitioners, SE practitioners, Yoga and Pilates teachers. 3 CEU/PDA points NCCAOM or NCBTMB

The neck is one of the first fields of somatic expression to develop in an infant. It is also one of the most complex physical structures in the body with many somatic and energetic dimensions. Join Kevin Mutschler, MA, RPP, L.Ac., for an exploration of movement and hands-on Somatic Freedom Techniques for promoting a healthy and happy neck for yourself and your acupuncture or massage or bodywork clients.

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

Transformative Guidance: Deepen & Develop Your Intuition

J-Lee Newell

Saturday • 10am – 5pm • Oct. 13, Nov. 10, Dec. 8, Jan. 5, Feb. 2*, March 2 • \$650

This dynamic series of classes provides you with processes and techniques to enhance your intuitive abilities and receive clear guidance now. We work with the body, mind, and spirit and have a grounded approach to receiving spiritual guidance. You will learn meditative techniques for communicating with your soul, guides and angels; how to ask the right questions and discern answers; psychic protection and management of your energy field; determine your soul purposes; live in the world in a more conscious and empowered way. We meet from, one Saturday a month for six months (Oct.-March). Payment plans available. ***In February, class will be held in Takoma Park-metro accessible.**

To register, go to <http://www.spiritschoolmd.com/>. If you have any questions, please contact J-Lee Newell, (301) 706-3384.

UNIQUE OFFERINGS

Opening the Shoulders: Through Movement and Hands-on Somatic Freedom Techniques ■ Kevin Mutschler

February 15 • 6:00 – 9:00pm • \$30

Credit: 3CEU's as 3CE-hours NCBTMB or 3PDA's NCCAOM (pending)

For: acupuncturists, massage therapists, PT's, energy practitioners, SE practitioners, Yoga and Pilates teachers. 3 CEU/PDA points NCCAOM or NCBTMB

This is a course for anyone who owns a pair of shoulders or works on other people's shoulders using acupuncture, massage or other somatic methods. The shoulders take a life-set during or before adolescence. They then square off or round up to meet all of life's challenges. The shoulders are unique in both the plasticity of their potential and the rigidity of their habitual somatic form. Join Kevin Mutschler, MA, RPP, L.Ac. for an exploration of shoulder possibilities using qigong movement and learn a simple hands-on approach to relieving shoulder tension using Somatic Freedom Technique.

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

Adrenals, Inflammation and Sugar ■ Sharon New, MS, CHES

Sunday • March 3 • 10:00 – 12:00 noon • \$35

Inflammation lies at the heart of so called “metabolic diseases” (cardiovascular disease, diabetes, high blood pressure and obesity). And what we eat has a direct link to either increasing or decreasing inflammation in our body. Further, there are some unique challenges we face in our culture due to stress which contribute to our overall endocrine and hormonal health – specifically our adrenals. Our adrenals work in synchronicity with the endocrine system and, if over-burdened, can create havoc in your overall health. This workshop addresses the very important role that adrenals AND Sugar play in inflammation.

For more information, contact sharon@localfoodbeat.com;

visit www.localfoodbeat.com for registration information.

Eating for Breastfeeding ■ Ebeth Johnson, Plant Based Culinary Nutritionist

Saturday • March 9 • 11:00 – 2:00pm • \$45

Join Plant-Based Culinary Nutritionist and Breastfeeding Chef Ebeth Johnson to learn which foods support your milk production—and which ones don't. Learn to use food to address issues like colic, cradle cap and allergy prevention. Discover the nourishing ingredients that help you stay energized and avoid the extreme fatigue that can occur when nursing. Get tips on getting food on the table, even with a baby on your hip. Take home samples, recipes, resources and service coupons. Enjoy a catered lunch featuring Nursing Mama Power Foods This workshop is wonderful for pregnant mamas, new mamas (babies not yet crawling are welcome) and anyone who works in the childbirth field.

For more information, visit www.breastfeedingchef.com.

To register: <http://eatingforbreastfeeding.eventbrite.com>.

PROFESSIONAL WORKSHOPS

Gateway to Soul: Process Acupressure 1 ■ Cathy Miller

Friday, February 8 – Monday February 11 • 9:00 – 6:00pm • \$625

24 Hours Continuing Education: Massage Therapists (NCBTMB), Acupuncturists (NCCAOM), Social Workers (NASW)

Process Acupressure (PA) is holistic method that combines traditional acupressure (to a fully-clothed body) with a process approach to consciousness. As we bring a clearer and stronger flow of energy through the body, it is natural for thoughts, emotions and soul wisdom to flow as well. This course teaches how to work effectively with energy flows in the body, including meridians and chakras. You will also learn tools to give you confidence to encourage and guide this natural process in your clients. PA is an excellent addition for practitioners of any body modality and/or talk therapy. It can also be used alone for self-help.

For more information about Process Acupressure, or to register for this workshop please visit www.SoulLightening.com or call 301-704-2387.

Restoring Balance & Regulation After Trauma: Trauma Training for Acupuncturists ■ Alaine D. Duncan, Licensed Acupuncturist and Somatic Experiencing Practitioner

Saturday & Sunday • February 16 & 17 • 9:30 – 5:30 • 12 PDA's from NCCAOM

Cost is \$275 if registered by January 16, 2013; late registration \$295. Full refunds on cancellations made 30 days prior; 75% thereafter.

Many trauma survivors come to acupuncturists for help with the physical consequences of traumatic stress; things like fibromyalgia, insomnia, chemical sensitivities, or mood disorders. Recent advances in the study of the brain's response to overwhelming stress have revolutionized mental health treatment. Our patients too will benefit when we integrate the science of the human response to threat into how we offer our needles, manage clinical interactions and interpret signs and symptoms. Our foundational principle of balance between opposing poles of energy that co-exist in dynamic tension, and together support the easy rise and fall of activity and rest are mirrored in neurobiology's study of the sympathetic and parasympathetic branches of the autonomic nervous system. Make checks payable to Integrative Healing, LLC, 8505 Fenton Street, Suite 202, Silver Spring, MD 20910.

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HOLISTIC PARENTING

Mother Voyage: A Group for Moms

Lisa Makstein, LCSW-C & Marla Zipin, Ph.D.

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

The group offers mothers with children of all ages an opportunity to reflect, learn compassion, and be the mom you want to be. We believe that “when mama is nourished, her family flourishes!” Join us to rejuvenate and grow in a safe, nurturing circle of kindred moms.

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.

FREE OFFERINGS

A Calm Mind and a Joyful Heart:

A *No-Fee* Introduction to Mindfulness Meditation

Mitchell Ratner, Senior Teacher, Still Water Mindfulness Practice Center

FREE • Monday • January 21 • 7:00 - 8:30 pm

Mindfulness is our capacity to be fully present in our own lives, to be aware of what we are doing as we are doing it. As we develop our awareness, an inner stillness naturally grows. During this 90 minute workshop we will explore mindfulness and become familiar with conscious breathing, sitting and walking meditations, and mindfulness in daily life.

Advanced registration requested.

For more information or to register go to www.StillWaterMPC.org.

Direct questions to Info@StillWaterMPC.org or 301-270-8353

MEDITATION

Mindfulness Meditation Offered by the Still Water Mindfulness

Practice Center ■ Mitchell Ratner, Senior Teacher

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

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

First Thursdays (monthly) Orientation: 6:30 pm

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.

Weekly Still Water programs at Crossings are supported by donations.

MEDITATION

Smiling like a Buddha: A Ten-Session Mindfulness Meditation Workshop

Monday • January 28 – April 15 (No class on March 11 or 25) • 7:00 – 9:00 pm • \$300

Mindfulness meditation is surprisingly simple and remarkably subtle. With practice we develop a relaxed state of awareness that allows for the moment-by-moment direct observation of sensations, feelings, and mind-states. Intended for both new and experienced practitioners, we will explore conscious breathing, developing/deepening a sitting practice, walking meditation, mindfulness in everyday life, recognizing and accepting feelings, emotions, and more. **More information:** www.StillWaterMPC.org or contact Still Water at Info@StillWaterMPC.org or 301-270-8353

MOVEMENT & DANCE

Movement Improvement: Stretch & Integrate ■ Helen Rea

Tuesday • Ongoing • 6:15 – 7:30pm • Wednesday • 10:00 – 11:30am

\$160 for full session of 8 classes; \$150 for 6 classes; \$30 for a 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. Class size is limited. Pre registration is required. Call 301-587-7478 or email helenrea@aol.com for further information and to reserve your space.

T'ai Chi ■ Michael Ward, LCSW

Wednesday • January 25 – April 18 (no classes April 4) • 12-week session • \$225

6:30 – 7:30 pm Beginners 1 (1st section of the form)

7:30 – 8:30 pm Beginners 2 (2nd section of the form)

8:30 – 9:30 pm Corrections (the entire form)

T'ai Chi is a mind/body form of exercise that developed from observations of how the forces in nature balance and harmonize. Develop the ability to observe unnecessary stress and tension in the body. By applying this awareness to other activities, the benefits of T'ai Chi can reach far beyond the practice of the form itself. New students are welcome to join the classes in progress. **For registration and information contact Michael Ward at info@cloudhandstaichi.net, www.CloudHandsTaiChi.net, or 301-562-0992**

Yin Yang Yoga ■ Kevin Mutschler

Tuesday • Ongoing • \$225 • Ten-week sessions • January 8 – March 12,

April 9 – June 11 • \$125 for each series; \$15 drop-in per class.

Join Kevin Mutschler, MA, RPP, L.Ac. for a lively lunchtime energy workout based upon enduring classical movements from ancient Tai Chi and Qigong forms such as Silk Road Tai Chi and Crane Style qigong. Kevin gives easy follow-along instruction with helpful somatic listening tips to really get you into the movements. The course is ideal for stressed out office workers but also benefits anyone from 19 to 99 who wants more mo in their mojo without relying on the jo. **To register, please email kevin@prohealing.net or call (240) 461-9300.**