

Crossings

Healing & Wellness

301-565-4924 • crossingshealing.com

Winter/Spring Classes & Workshops 2020

UNIQUE OFFERINGS

FREE Introductory Awareness through Movement® Carol Regan

Saturday • January 25 • 10:00 – 11:00 am

These classes are a gentle way of exploring better ways to move and organize ourselves in everyday functions (walking, sitting, reaching). Contact Carol Regan at carolregan53@gmail.com to register or for more information about the Method®.

Joyful Reflections - A Daylong for People of Color Kate Johnson

Saturday • March 14 • 10:00 am – 5:00 pm

In this daylong meditation workshop we'll experience guided meditations, short dharma talks, journaling, chanting, accessible movement practices and small group discussions to help us access the joy that is already always here, and to amplify it for the benefit of all beings—including ourselves.

For further information and registration: <https://imcw.org/Calendar/Event-Calendar/EventId/3691/e/daylong-for-people-of-color-14-mar-2020>

Radiating Love - A Daylong for the LGBTIQ+ Community • Kate Johnson

Sunday • March 15 • 10:00 am – 5:00 pm

Join us for this daylong event, where through guided meditation, short talks, chanting and small group dialogue we'll explore the practice of radiating *metta* (unconditional love) as an expansive expression of all of who we are—including our genders and sexualities as we experience them in the present moment.

For further information and registration: <https://imcw.org/Calendar/Event-Calendar/EventId/3690/e/radiating-love-a-daylong-for-the-lgbtq-community-15-mar-2020>

Eat Mindfully, Live Vibrantly: Am I Hungry?® Mindful Eating Program • Stephanie Lewis

Tuesdays • 6:30 pm – 8:00 pm • April 7 – May 26 (8 sessions) • \$279

In this 8-week interactive class you'll learn how to be in charge of your eating instead of out of control, eat foods you love without guilt or overeating, and eat healthier foods without restriction. To register: <https://livewellflow.com/product/eat-mindfully-live-vibrantly-8-week-class-spring-2020/>.

For questions, you can contact Stephanie at slewis@livewellflow.com.

YOGA

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

Thursdays, ongoing • 12-1pm • Beginning January 9

\$95 for a 5-week session, \$20 per class to drop-in

Our practice includes dynamic movement through yoga asanas to support growth and balance as well as an opportunity to slow down, breathe deeply, and connect with yourself in restorative and yin postures. To register please visit: <http://www.sienawellness.com/group-classes.html> call 202-810-3010 or email elizabeth@sienawellness.com

MOVEMENT & DANCE

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

Mondays • 6:15 – 7:15 pm • January 13 – April 13 (no class Feb 17)

\$215 for 13-week session (register by January 13 for discounted rate); Drop-In Fee: \$20 per class

To register, or for more information, contact Carol Regan, Guild Certified Feldenkrais® Practitioner at carolregan53@gmail.com or call 301-580-9418.

T'ai Chi • Michael Ward, LCSW

Wednesdays • January 22 – April 1 (No Classes February 19)

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

7:30 - 8:30 pm Beginners 2 (Postures 13-24)

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

\$250 for 10-class session meeting once per week for one hour

For further information and to register, please go to 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 • Jan 10, 24; Feb 21; Mar 6, 27; Apr 10, 24; May 8, 22; June 5, 19 • \$120 for 11 sessions or \$20 drop in; bring cash or check made out to Judith Walton.

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

Classes/Workshops

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crossingshealing.com
to find out more.

HOLISTIC PARENTING

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

Tuesday • Ongoing • 10:00 – 11:30 am • \$75 per class
Insurance Reimbursable

The Mother Voyage is an ongoing, weekly therapy group for mothers with children of any age that is a safe, confidential and nourishing place to: pause, rejuvenate, be heard, and find delight in mothering; explore parenting, partnership, and family issues; and discover more freedom and joy being a mom.

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, and 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.

**A Calm Mind and a Joyful Heart: A NO-FEE
Introduction to Mindfulness Meditation**

Tuesday • January 28 • 7:00 – 8:30 pm

During this 90-minute workshop we will explore mindfulness and become familiar with conscious breathing, sitting and walking meditations, and mindfulness in daily life. Teachers Eliza King & Jane Newhagen. Advanced registration requested.

**Mindfulness for Everyone: A Six-Session
Mindfulness Meditation Class**

Tuesdays • February 4 - March 10 • 7:00 – 8:30 pm • \$120

Teachers Eliza King & Jane Newhagen. More information:
www.StillWaterMPC.org or contact Still Water at
Info@StillWaterMPC.org or 301-270-8353.

PROFESSIONAL WORKSHOPS

The Tao of Trauma

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

January 3-4 — Mobilize A Response

March 20-21 — Restore Coherence

June 12-13 — Digest the Gristle

August 28-29 — Awaken Arousal

Acupuncturists, Somatic Experiencing Practitioners, Intermediate level SE students, and other providers with equivalent training welcome. 70 CEUs available for Psychologists, LCSWs, MFTs, and RNs through R.Cassidy Seminars. PDAs pending for acupuncturists via the NCCAOM. **Fees: \$1,900.** In the spirit of reparations, and in solidarity with the immigrant experience, if you are of African American descent, or a first-generation immigrant to the U.S., please take 25% off these fees. For questions and registration info, email us at info@integrativehealingworks.net or call Alaine at 301-806-4003.

Certificate in Applied Positive Psychology (CAPP)

Erin Nichole Smith

OS 4 (Relationships) January 11-12

OS 5 (Meaning) February 1-2

OS 6 (Achievement) February 29-March 1

OS7 (Vitality) March 28-29

For more information or to register, go to
www.certificateinpositivepsychology.com

Somatic Experiencing Practitioner Training

Intermediate 3: Feb 7 - 10 • Linda Stelte, M.Ed, SEP, CCC

Beginning 1: Feb 14 - 17 • Berns Galloway, 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/>

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