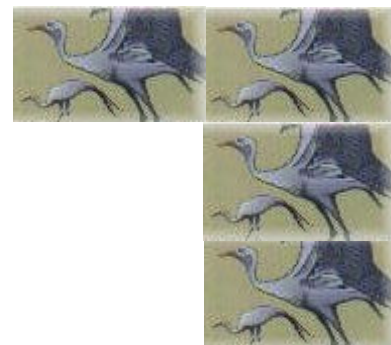


QIGONG

for Parents

a workshop in self-care



Parents experience the benefits of Soaring Crane Qigong by practicing easy-to-learn 5-20 minute routines. An immediate way to center, clear and replenish, these gentle movement forms help parents:

- strengthen the ability to be compassionate, for self and others
- develop an evenness of mood and energy
- fortify boundaries of connection and separateness
- reduce physical symptoms of stress
- deepen the ability to listen, be present and hold a quiet mind
- access joy and vitality

Certified Qigong Instructors

Linda Neahry is a psychotherapist whose practice is based on mindfulness and somatic awareness. In over 20 years of private practice, she's worked with children, families and couples. Her own personal work has been strongly based in transpersonal psychology and body awareness therapies. She lives with three little dogs and one particular musician.



Martha Hurwitz received her Ed.M. at Harvard University and has worked with families, youth and adults in numerous settings. She co-founded The Clearwater School in Bothell, WA. Martha used qigong to help her recover from cancer. A former rock climber, sometimes dancer and longtime writer, Martha lives in Seattle with her husband and two children.



Qigong is a self-healing art, a choreography of movement, mind-work and meditation. Influenced by the long-standing wisdom of Chinese Medicine, qigong restores physical, emotional and spiritual balance.

Soaring Crane Qigong is a graceful and comprehensive form well-suited to those seeking prevention or recovery, from injuries, diseases, or the tolls of daily life. One of the most popular qigong forms in China, Soaring Crane has a strong presence in the Pacific NW and a vibrant, active community in Seattle.

Participants will learn several short Remedy Routines and qigong theory. No special clothing needed. All physical capabilities welcome. Due to rigorous mind-work, the form is contra-indicated for those with bi-polar disorder, schizophrenia or comparable mental disability.

Parents benefit from Soaring Crane as individuals; children benefit through their parent's dedication to self-care. The form itself is inappropriate for children to practice or observe. Instructors are available and

Qigong for Parents

🐶 Two Dog Yoga 🐶

12549 28th Ave. NE
Seattle (Lake City)

Saturday, March 29, 2008

1:00pm—5:00pm

\$60 - Preregistration requested

www.twodogyo.com

Additional Info

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