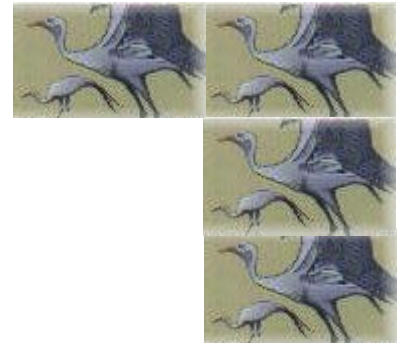


# QIGONG

## for Therapists

### a workshop in self-care



**Therapists** experience the benefits of Soaring Crane Qigong by practicing gentle 5-20 minute routines. A way to center before clients arrive, clear between appointments or replenish once the day's over, these easy-to-learn movement forms help therapists to:

- deepen presence both with clients and in daily life
- fortify boundaries of connection and separateness
- develop and expand intuitive ways of knowing
- access a quiet mind
- reduce physical symptoms of stress

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#### 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 diseases, injuries 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.

**Therapists** benefit from Soaring Crane Qigong as individuals. Clients benefit through the therapists' dedication to self-care. Participants will learn several 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 bipolar disorder, schizophrenia or comparable mental disability.

## Qigong for Therapists



Two Dog Yoga  
12549 28th Ave. NE  
Seattle (Lake City)

**Friday, January 25, 2008**  
1:00pm—5:00pm

**\$60 - Preregistration requested**  
[www.twodogyoga.com](http://www.twodogyoga.com)

#### Additional Info

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