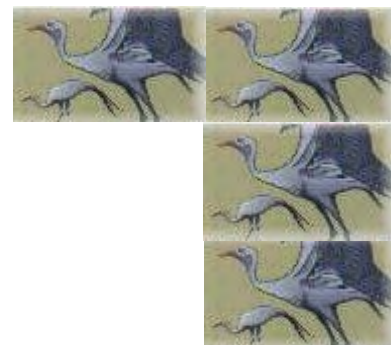


QIGONG

for Educators

a workshop in self-care



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

- replenish inner resources of calmness, resiliency and creativity
- deepen the ability to listen, be present and hold a quiet mind
- develop an evenness of mood and energy
- reduce physical symptoms of stress
- maintain mental clarity amidst competing demands, needs and styles
- access a robust sense of self

Certified Qigong Instructors

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 recover from cancer. A former rock climber, sometimes dancer and longtime writer, Martha lives in Seattle with her husband and two children.



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.



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.

Educators benefit from Soaring Crane as individuals; their dedication to self-care ensures their students benefit as well. Techniques for teaching qigong to students will not be covered in this workshop.

Qigong for Educators

🐶 **Two Dog Yoga** 🐶

12549 28th Ave. NE
Seattle (Lake City)

Saturday, April 26, 2008

1:00pm—5:00pm

\$60 - Preregistration requested

www.twodogoyoga.com

Additional Info

206.782.6144

marthaQG@gmail.com

