

PROFESSIONAL DEVELOPMENT ■

Fundamentals of Somatic Experiencing: Inviting Your Curiosity to Play

Berns Galloway, M.Ed, SEP, CCC

Saturday • October 1 • 9:30 am – 5:00 pm

\$100 • 6-CEUs available through NBCC and CBBS

This one day interactive workshop will introduce you to some of the basic principles of Somatic Experiencing (SE), a mind/body based model for trauma resolution. This introduction is designed for those in the helping professions—psychotherapists, mental health workers, medical health care professionals/providers, acupuncturists and body workers. SE believes we have the innate ability to heal and the capacity to foster healing/health by paying attention to our physiology and the body's response to overwhelm. By knowing what to attend to and how to respond, we harness our innate intelligence to come back into a more natural life force, resulting in a more resilient nervous system.

For information and registration contact Chris Trimble at 301-565-4924 x104.

Somatic Experiencing Practitioner Training

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. Over the eight modules this training offers – three in the Beginning Year, three in the Intermediate Year, and two in the Advanced Year, you will learn to detect and respond to the physiological and psychological effects of the disorganization of our nervous systems.

Beginning I: December 2 – 5, 2011 Intermediate I: October 5 – 8, 2012

Beginning II: March 16 – 19, 2012 Intermediate II: November 30 – December 3, 2012

Beginning III: June 1 – 4, 2012 Intermediate III: February 1 – 4, 2013

To learn more and to register for the training, please visit:

http://www.traumahealing.com/training-schedule-blue/usa_md.html

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Cultivate a conscious presence in daily living

FREE OFFERINGS FOR OUR COMMUNITY ■

A Calm Mind and a Joyful Heart: Free Intro to Mindfulness Meditation

Mitchell Ratner, Senior Teacher, Still Water Mindfulness Practice Center

Monday • September 12 • 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.

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

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

Dancing the Chakras through Sacred Circle Dancing

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

Friday • September 16 • 7:30 – 9:00 pm

Free Introductory class. See further description under "MOVEMENT & DANCE"

Why Don't My Kids Listen to Me? A Free Introduction to PEP, the Parent Encouragement Program

Emory Luce Baldwin, LCMFT, Certified Parent Educator

Sunday • October 2 • 7:00 – 8:30 pm

Are you tired of saying the same things over and over? Do you find yourself giving in to your kids' demands and/or yelling at them? Come to this free workshop, for parents of children age 2 ½ through 18, and learn how to gain your children's cooperation without nagging, bribing, or yelling. PEP, a nonprofit organization based in Kensington, has provided education and support to Washington-area parents for 28 years. Space is limited and pre-registration is required.

To register, call PEP at 301-929-8824. For more information, visit www.PEPparent.org

free classes

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MEDITATION ■

Mindfulness Meditation ■ Still Water Mindfulness Practice Center

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.

Morning Meditation

Monday, Wednesday, Friday • 7:00 – 8:00 am

Evening Meditation ■ Every Thursday ■ 7:00 - 9:00 pm

First Thursday (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. More information:

www.StillWaterMPC.org or contact Still Water at Info@StillWaterMPC.org or 301-270-8353.

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

Mitchell Ratner, Senior Teacher, Still Water Mindfulness Practice Center

Monday • 10 weeks • September 19 – Dec. 12 (No class October 10 & 31 or November 28)

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

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

MOVEMENT & DANCE ■

Movement Improvement: Stretch & Integrate ■ Helen Rea

Tuesday • Ongoing • 6:15 – 7:30 pm

Wednesday • Ongoing • 10:00 – 11:30 am

Helen guides students through gentle movement sequences that help improve body awareness, increase range of motion, promote coordination and ease of movement.

See helenrea.com for more information. Class size is limited. Please call 301-587-7478 to register.

T'ai Chi ■ Michael Ward, LCSW

Wednesday • September 21 - December 14 (no classes on November 23) • \$225

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

7:30 – 8:30 pm • Intermediate (3rd/final section of the form)

8:30 – 9:30 pm • Corrections (covers 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. Relaxing where tension is occurring harmonizes the body, allowing it to move as an integrated unit. By applying this awareness to other activities, the benefits of T'ai Chi can reach far beyond the practice of the form itself. **For registration and information contact Michael Ward at info@cloudhandstaichi.net or 301-562-0992.**

CREATIVE WRITING & ARTS ■

Creative Journaling

Rebecca Wilkinson, MA, ATR-BC

Saturday • September 17, October 1 & 22, and November 12 • 11:00 am – 12:45 pm

Pre-register \$140 for series or \$40 per session / \$50 per session at the door

Creative Journaling combines writing with art-making to deepen the exploration and insight that can be gained from the journaling process. These workshops are designed for all ranges of artistic and writing experience—you need not consider yourself an “artist” or “writer” to attend and benefit. Participants will leave with specific and immediately applicable tools for increasing wellbeing. Bring a journal you can do art work in. All other materials will be provided. **To register call 202-352-5225 or email rebecca@creativewellbeingworkshops.com**

PROFESSIONAL DEVELOPMENT ■

Assessing Emotion: Collaboration at the Crossroads ■ Thea Elijah L. Ac.

Friday – Sunday • September 16 – 18 • \$350 if paid before September 1

CEUs for acupuncturists. **CLASS LIMITED TO 16 STUDENTS.**

This 3-day weekend intensive introduces to your own inner “5 Element toolkit” for bringing out the best in everyone when you interact with them. Prepare for an experiential immersion into how much more easily relationships can flow when you are accessing all aspects of yourself. This workshop is suitable for acupuncturists, healers, managers, teachers, community leaders, entrepreneurs, and more. **To register on line (and for more information): <http://www.perennialmedicine.com/Emotion-Assessment.html>. by mail: Thea Elijah 1037 Western Avenue, Brattleboro VT 05301. Questions: perennialmoderator@yahoo.com**

Hakomi Method Introduction: Dynamic Mindfulness in Experiential Psychotherapy ■ Jaci Hull, M.A., L.M.F.T., Certified Hakomi Trainer

Saturday • November 19 • 10:00 am – 6:00 pm &

Sunday • November 20 • 9:30 – 5:30

CEU's available for NASW and NBCC

\$235 if registered by October 27th • \$275 thereafter

Hakomi Therapy is uniquely effective, integrating active mindfulness with an experiential, body-centered approach. It allows the key unconscious core beliefs that shape our lives and relationships to emerge powerfully, yet safely into consciousness, where change is possible. This experiential workshop is designed to both provide basic Hakomi skills for professionals and an experience of Hakomi for interested individuals. **For more information and registration contact: 303-266-1866, email HakomiTR@aol.com**

Touch Skills Training: Advanced Somatic Experiencing

Kathy Kain, M.Ed., SEP

Four sequentially taught 4-day modules:

September 9 – 12, 2011

April 27 – 30, 2012

February 17 – 20, 2012

September 7 – 10, 2012

This training will help mental health clinicians develop tactile, body awareness and other touch-related skills in the context of working toward the resolution of trauma. Participants must have completed Intermediate level of Somatic Experiencing.

For pricing and more information: www.somaticpractice.net or call Chris Trimble at 301 565 4924 x104.

OTHER ■

“The Whole You” Weight Loss Program: Level Two

Marie Connor, M.Ac., L.Ac.

Saturday • September 17 – October 29 (no class on Oct 22) • 8:30 - 10:00 am

\$199 • Early registration \$179 (deadline September 1)

Take the Five Elements to a whole new level! Learn what foods will help you lose weight, get healthy and even HEAL certain conditions! We'll study various cleanses, how to maximize healthy foods and step up Qigong practice to a whole new level! (prerequisite: Level One)

More information and to register: www.marieconnor.com

A Taste of Nonviolent Communication

Bob Wentworth, Ph.D., CNVC

Friday • August 26 • 7:00 – 9:00 pm

Learn key ideas that empower us to create more satisfying outcomes for ourselves and others. Everyone can benefit from the insights I'll be sharing in this 2-hour experiential workshop. This or the equivalent is a prerequisite for the August 27 – 28 workshop.

Go to CapitalNVC.net and click “Events / Calendar” for information and to register.

Living Peace from the Inside Out

Bob Wentworth, Ph.D., CNVC

Saturday & Sunday • August 27 – 28 • 10:00 am – 5:00 pm

Have more fulfilling relationships by first learning new ways of making sense out of our inner experience, then looking at the assumptions and attitudes we take into our conversations. Prior participants have found this 2-day experiential workshop transformational.

Go to CapitalNVC.net and click “Events / Calendar” for information and to register.

Thyroid/Adrenal Education Class

Sharon New, MS, CHES

Sunday • ~~August 28~~ • 10:00 am – 12:00 pm ***Rescheduled to Sunday 9/18 @ 10am**

\$35/ person advanced registration or \$40 at the door

Does it seem like the more you exercise the more you gain weight? With each birthday, does it seem you have a little less energy and a little more fatigue? Do you feel “wired, but tired” at night? Has your doctor recently recommended an anti-depressant or a cholesterol lowering drug? Or has a doctor told you that your thyroid tests are “normal,” but you just know there is nothing normal about how you feel? If I just described you, then you will want to register for this class. **To read more about the class, please go to www.localfoodbeat.com.**

Please email Sharon with any questions you may have in the meantime: sharonb51@hotmail.com

Intro to Workshop Design and Marketing for Healers

Marie Connor, M.Ac., L.Ac.

Saturday • October 29 • 10:00 am – 6:00 pm

\$199 • Early registration \$179 (deadline October 1)

Take your expertise to a new level! Create successful workshops that have your attendees asking for more while learning how to brand yourself as an expert.

More information and to register: www.marieconnor.com

MOVEMENT & DANCE ■

Applied Qigong for Holistic Healing Certification Course

Yinong Chong, PhD & Shawn Cartwright

Chinese Culture Institute International LLC's Medical Qigong Certification is a set of professional development courses designed to introduce Qigong students, acupuncturists, nurses, and healthcare professionals to the ancient art and practice of Qigong.

Cultivating the Spirit: Internal Alchemy

Friday • November 4 • 2:00 – 9:00pm

Saturday & Sunday, November 5 – 6 • 9:00 am – 5:00 pm • \$569

A comprehensive introduction to the theory and practice of the Internal Alchemi (Nei Dan). (This course requires approval from the instructor)

For more information and registration: www.tccii.com

Dancing the Chakras through Sacred Circle Dancing

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

Friday • 7:30 – 9:00 pm • Free Introductory class, September 16

Class Dates: September 23, October 7 & 21, November 11 & 18, and December 2

\$60 if you sign up for the 6-week series on September 23 or \$20 drop-in fee

This year our dancing will be organized around the seven *chakras*, which are conceived in Eastern philosophy as focal points of energy in the mind/body for the reception and transmission of the life force energy. Each chakra is associated with spiritual and physical qualities. Participants will have the opportunity to experience these different energies through dancing. **For registration and information contact etb@umd.edu OR jwaltondc@yahoo.com**

YOGA ■

Chakra Weekend Workshop: Seven Windows to the Soul

Patricia Williams, MD

Saturday & Sunday • September 24 – 25 • See details under “ENERGY HEALING.”

Laughter for Health

John Love, Certified Laughter Yoga leader

Saturday • 6 weeks • September 24, October 8, 15 & 29 and November 5 & 19

11:00 am – 12:00 pm • \$70 for 6 weeks, or \$15 drop-in.

Laugh away the stress, illness and dark moods. Bring more joy, lightness and positive energy into your life. This class combines deep breathing, gentle stretching, playfulness, relaxation and, of course, lots of laughter. It is a fun and energizing exercise suitable for all fitness levels and seniors. Find out for yourself why Laughter is said to be “the best medicine.”

Registration/Contact Information: johnvlove@gmail.com, 202-492-3138.

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YOGA ■

Yoga Nidra

Melissa Lindon

Sunday • September 25 and November 13 • 4:30 – 5:45 pm

\$20 pre-registered, \$25 at the door

Experience the deep meditative state through the guided meditation of Yoga Nidra (sleep of the yogis) for relaxation, and stress reduction on a profound level. No experience or yoga poses required. **Contact Melissa at mlindon@gmail.com for more information.**

HOLISTIC PARENTING ■

Mother Voyage: A Group for Moms

Lisa Makstein, LCSW-C & Marla Zipin, PhD

Tuesday • Ongoing • 10:00 – 11:30 am • \$65 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.

PEP I: Becoming a More Encouraging Parent

Carrie Gluck and Kim Cohen, Parent Educators from the Parent Encouragement Program

Thursday • October 27 – Dec. 22 (no class on Nov. 24) • 9:45 – 11:45 am

\$225/person, \$417/couple for 8 weeks

Scholarships, payment plans, and PEP member discounts are available.

Text Book Recommended: *Children the Challenge*, by Rudolf Dreikurs, \$16.96

This class is for parents of children age 5 through 12 interested in learning the practical skills and insights of using positive methods to solve behavior problems and foster children's cooperation, respect, and responsibility. Learn how to set and uphold limits, build a mutually trusting and warm relationship, and bring out the best in each child and in yourself.

To register, call PEP at 301-929-8824. Pre-registration is required.

For more information, visit www.PEPparent.org

ENERGY HEALING ■

Acupressure for Stress Relief: Part I & Part II

Cathy Miller, MM, LMT, ABT

Wednesday • August 31 and September 7 • 6:00 – 9:00 pm • \$50 per class

Learn to use acupressure to relieve stress and promote health and wellness. The Seva Stress Release acupressure formula is easy to learn and gentle to receive. The class will be given in two segments. Part one teaches how to use the method for self-care. Part two teaches how to give the Seva Stress Release to others. Students must attend part one before part two.

To register please contact the instructor at 301-565-4924 ext.313.

ENERGY HEALING ■

Qigong for Breast Health

Tracey Burde, M.Ac.

Thursday • 4 weeks • September 1, 8, 15, & 22 • 7:00 – 8:30 pm • \$100

This one-of-a-kind program helps women of all ages create breast health. Women can be proactive when it comes to the issue of breast cancer. Based on the ancient, time-tested theories of Chinese medicine, this unique program provides the healing tools necessary to support breast health. **For more information and registration: traceyburde@gmail.com or 301-537-8868.**

Chakra Weekend Workshop: Seven Windows to the Soul

Patricia Williams, MD

Saturday • September 24 • 9:00 am – 5:00 pm &

Sunday • September 25 • 9:00 am – 3:30 pm • \$150

This weekend intensive provides a comprehensive introduction to the chakra system. Using experiential activities, the workshop covers seven energy centers in the body that correlate with physical and psychological health and spiritual well-being. The program fulfills the initial requirement for Anodea Judith's Chakra Certification Program and 12½ CEUs for yoga teachers. **To register send check for \$150 to Patricia Williams, 15 W. Caton Ave., Alexandria, VA 22301. For more information: 703-535-3333 or pdw@patriciadaywilliams.com**

Acupressure for Anyone: Workshop Series

Cathy Miller, MM, LMT, ABT

Monday • January 9, 16, 23, & 30 • 6:00 – 9:00 pm • \$50 per workshop

January 9 • Acupressure for Self-Care

January 16 • Acupressure for Stress Relief

January 23 • Great Central Channel Alignment

January 30 • Acupressure for Balance & Harmony

Four more workshops in this series will be offered in Spring 2012: Head and Neck formulas, Chest, Back and Abdomen formulas, Arm and Leg formulas, and Acupressure for Colds and Flu. **For more information visit www.AcupressureForAnyone.com. To register contact the instructor at 301-565-4924 ext.313.**

OTHER ■

“The Whole You” Weight Loss Program: Level One

Marie Connor, M.Ac., L.Ac.

Tuesday • September 13 – October 18 • 7:30 – 9:00 pm

\$199 • Early registration \$179 (deadline September 1)

Lose weight with Acupuncture and Qigong exercises while learning the weight loss secrets of ancient Chinese medicine. You've never experienced a weight loss program like THIS before!

Note: class fills quickly, register early. More information and to register: www.marieconnor.com

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