

OTHER

EFT for Creativity and Joy—Elena Khazanova

Saturday ■ September 25 ■ 10:00 am – 12:30pm ■ \$25
What would it be like to “turn off” the inner critic? Learn how EFT Emotional Freedom Technique can be used to reclaim the creative freedom and joy that you experienced when you were five. *For more info, visit www.GrowWithEase.com*
To register e-mail Elena at ekhazanova@gmail.com

The Tower of Babel Workshops—Joe Yousef Daoud Martin, Ph.D

Saturday-Sunday ■ September 25-26 & October 2-3 ■ 2:00 – 6:00 pm ■ \$225
Two intensive weekends for actors, dancers, lawyers, public speakers, and anyone seeking to increase their spontaneity and focus. Developed in El Haddawi School in Munich, North American Cultural Lab in New York, and elsewhere.
Contact joemartin@gmail.com for more information.

SEASONAL WELLNESS

Discover Autumn's Richness

Crossings Practitioners
Saturday ■ October 16 ■ 9:00 am -12:00 noon

Winter Solstice Deepening

Crossings Practitioners
Saturday ■ December 11 ■ 9:00 am – 12:00 noon

CREATIVE WRITING & ARTS

Six-Week Creative Writing Workshop—The Next Step—Jill Rendelstein

Tuesday ■ September 14 – October 19 ■ 6:30 – 8:30pm ■ \$305 , 6 week session, check or Paypal (please add 2.89% to all Paypal orders)
You feel the writing bug often enough and even put pen to paper most days, but when are you going to develop those pages, take your writing to the next level? Students will conduct research to discover suitable markets for their writing and focus their work accordingly. *Minimum: 6 students. Maximum: 10 students, 18 and older. For more information please visit www.jwwritingadvantage.com, e-mail Jill Rendelstein at jren@jwwritingadvantage.com, or call 202-210-0513.*

Finding Your Voice In Poetry—Elizabeth Rees, M.A.

Monday ■ October 18 & 24, November 1 & 8 ■ 7:00 – 9:00 pm
\$150, minimum 8 participants, maximum 12
Open to poets of all levels, this workshop focuses on finding your voice through in-class writing exercises, discussion of contemporary, free-verse poems, and a supportive critique of student poems. Bring paper, pen, 13 copies of a poem you love (not your own) to the first session, as well as 13 copies of one of your own. *Pre-registration required by September 25. To register or get more information, contact Liz Rees at lizrees@msn.com or at 301-920-1518.*

The Artist's Way

Tuesday ■ October 26 – January 8, 2011 ■ 7:00 – 9:00 pm ■ \$225, 12 week session
This class is about discovering and recovering your creative Self. Through a variety of easy, inspiring practices, you will learn how to nurture your Inner Artist and reduce self-criticism, procrastination and fear. *For more info, visit www.GrowWithEase.com.*
To register e-mail Elena at ekhazanova@gmail.com

Crossings

A Center for the Healing Traditions

discover your path to wellness

MEDITATION

Morning Meditation—Stillwater Mindfulness Practice Center

Monday, Wednesday, Friday ■ Ongoing ■ 7:00 – 8:00 am ■ donation

Mindfulness Practice Evening—Stillwater Mindfulness Practice Center

Thursday ■ Ongoing ■ 7:00 – 9:00 pm ■ donation
An orientation to the Stillwater MPC basic mindfulness practices offered the first Thursday of each month beginning at 6:30 pm.

Introduction to Mindfulness—Stillwater Mindfulness Practice Center

Monday ■ September 13 ■ 7:45 – 9:15 pm ■ no fee

Smiling like a Buddha—Stillwater Mindfulness Practice Center

Mitchell Ratner
Monday ■ September 20 – November 22 ■ 7:30 – 9:30 pm ■ \$250, 10 week session

MOVEMENT & DANCE

Qi Gong and Guided Meditation—Robin Carnes, TCCII

Monday ■ September 13 ■ 6:30 – 7:30 pm ■ \$60, 4 week session, \$20 drop-in
Qi Gong means “working with life energy”. Join us and cultivate your capacity to feel and move the flow of life energy in your body for healing, strength and empowerment. Half of each class will be simple, fun movement and half will be guided meditation.
Contact Robin for registration rdcarnes@gmail.com

Applied Qigong for Holistic Healing Certification Course Cultivating the Spirit: Internal Alchemy

Yinong Chong, PhD & Shawn Cartwright
Traditional Chinese Culture International Institute
Friday ■ October 22 ■ 2:00 – 9:00 pm
Saturday ■ October 23 ■ 9:00 am – 5:00 pm
Sunday ■ October 24 ■ 9:00 am – 3:00 pm
A comprehensive introduction to the theory and practice of the Internal Alchemy (Nei Dan): this 3-day intensive course will provide a cultural translation of the alchemical vocabulary and process, unveiling the mysterious codes of the esoteric practice designed to access cosmic Qi and return to the Tao. Successful completion of this course will result in the awarding of a Certificate of Completion for 18 contact hours.
Call TCCII 301-785-7505 for more information.

2010
FALL

MOVEMENT & DANCE

Movement Improvement Stretch & Integrate—Helen Rea

Tuesday ■ September 14 – December 22 ■ 6:15 – 7:30 pm
Wednesday ■ September 15 – December 22 ■ 10:00 – 11:30 am
\$300, 15 week session ■ \$250, 10 week session ■ \$30 single class
Helen guides students by building gentle movement sequences that help improve body awareness, increase range of motion, promote coordination and ease of movement.
Enrollment is limited, call 301-587-7478 to pre-register for each class.

T'ai Chi—Michael Ward, LCSW

Wednesday ■ September 22 – December 15 ■ \$205
6:30 – 7:30 pm ■ New Beginners
7:30 – 8:30 pm ■ Continuing Beginners (2nd section of the form)
8:30 – 9:30 pm ■ Corrections (covers the entire form)
To register contact Michael at Cloud Hands T'ai Chi at 301-652-0992. No class November 24.

Biodanza—Michelle Macek

Sunday ■ September 12, October 17, November 7, & December 5
10:30 – 12:00 noon ■ \$20 pre-registered or \$25 at the door
Biodanza is a non-choreographed dance session, which fuses music, emotion, and authentic movement in a safe space for the expression of our five potentials- vitality, creativity, sensuality, affectivity and transcendence.
Contact Michelle Macek for registration at www.biodanza-usa.com or 410-736-9311.

Gentle & Meditative Dance—Judith Walton Ph.D. and Evelyn Beck Ph.D.

Friday ■ October 1-Libra, October 15-Libra, October 20-Scorpio, November 12-Scorpio, December 3-Sagittarius ■ 7:30 – 9:00 pm
This year we dance to the signs of the Zodiac and experience these different energies.

Dancing Our Thankfulness—Evelyn Beck, Ph.D. and Judith Walton, Ph.D.

Saturday ■ November 13 ■ 1:30 – 4:30 pm ■ \$35
We will consider “For what are you thankful in your life?” through simple circle dances and poetry.

YOGA

Yoga Nidra—Melissa Lindon

Saturday ■ October 17 and November 7 ■ 4:30 – 5:45 pm ■ \$20 per session
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.

Women's Yoga—Bahiyah Parks

Wednesday ■ September 8 – October 27 ■ 7:30 – 9:00 pm ■ \$96, 8 week session
Enjoy Yoga in a supportive group of women. You will gain flexibility, strength and stress relief. This class is a mix of yoga fundamentals, breathing techniques and restorative yoga designed for the yoga beginner/advanced beginner. Come laugh and play with us!

YOGA

Tween Yoga—Geneva Moss

Thursday ■ September 23 – November 11 ■ 4:30 – 5:30 ■ \$96, 8 weeks or \$14 per class
A fun and age-appropriate yoga class taught to increase strength, flexibility, and encourage the radiance within to shine. Ages 8-12.

Mommy and Me Yoga—Geneva Moss

Friday ■ September 24 – November 12 ■ 11:00 – 12:00 pm ■ \$96, 8 weeks or \$14 per class
Have fun engaging your sweet bundle of joy as you stretch, strengthen and restore your body and meet other new moms. Ages 6 weeks to 6 months.

Family Yoga—Geneva Moss

Sunday ■ September 12, October 17, November 21, December 12 ■ 1:00 – 2:00 pm
\$15 per adult with child, \$7 per additional child. A fun introduction to experience beginning yoga using music and movement. Ages 4 – 7 with parent or caregiver.

Laughter Yoga—Nira Berry

Sunday ■ October 17 ■ 2:00 – 3:00 pm ■ \$25
Sunday ■ November 21 ■ 2:00 – 3:00 pm ■ \$25
Sunday ■ December 12 ■ 2:00 – 3:00 pm ■ \$25
Enjoy an hour of laughter and stress with relief with Nira Berry. Laugh for no reason without jokes or poses. All ages welcome.
Contact Nira Berry 240-888-6555 or niraberry@gmail.com for more information.

PROFESSIONAL DEVELOPMENT

Using Touch to Heal Trauma: Courting the Reptilian Brain—

Regulating the Autonomic Nervous System after Trauma

Presented by Crossings HealingWorks

October 29, 30, 31 ■ 9:30 am – 6:00 pm ■ \$450 or \$425 if pre-registered by 9/29
Faculty: Alaine D. Duncan, M.Ac., L.Ac., Dipl.Ac., SEP and Patti Lenz, PT, SEP
7-18 CEU's granted by Maryland PT Board and NCCAOM for Acupuncturists
CE hours pending for NCBTMB. *To register contact cgoldberg@crossingshealingworks.org*

OTHER

Mother Voyage: A Group for Moms

Lisa Makestein, LCSW-C and Marla Zipin, Ph.D
Tuesday ■ Ongoing ■ 10:00 – 11:30 am ■ \$65 per class, Insurance Reimbursable
A safe place for mothers of all ages to talk with other women who are mothers, explore what is really going on, get support, gain insight and find solutions.
To register call Lisa Makstein, 301-963-5696 or Marla Zipin 301-899-4733

Pleasure Tolerance—Elena Khazanova

Saturday ■ September 11 ■ 10:00 am – 12:30 pm ■ \$25 donation
Learn more about what gives you pleasure and how to experience it more fully. We will use EFT Emotional Freedom Technique (“tapping”) methods to increase your capacity for pleasure and create more mental, emotional and spiritual openness to joy. *For more info, visit www.GrowWithEase.com. To register e-mail Elena at ekhazanova@gmail.com*