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Three Rivers/ 12 Steps: Qigong for Recovery

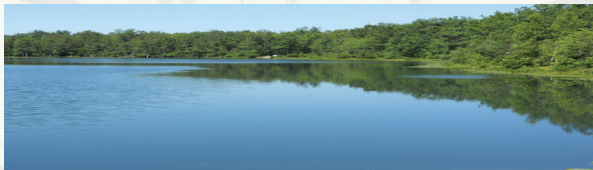


Saturday February 18, 2012

10:00 AM - 4:00 PM

Cost - \$60.00

This training is beneficial for Counselors, Therapists,
and anyone interested in learning more about
Addictive Disorders



Recovery can be viewed as the process of
reconnecting, balancing, and harmonizing the
body, mind, and spirit of an individual.



Through skewed perceptions, survival-based
coping mechanisms, and improper lifestyle
choices the totality of a person becomes
fragmented, usually resulting in a
dysfunctional and self-destructive
approach to life.



Three Rivers/12 Step : Qigong For Recovery
approaches addiction and recovery from the
Classical and Traditional Chinese medical,
philosophical/spiritual
perspectives combined with the 12 Step
Program and a life of artistic cultivation.



Without flow there is pain,

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With flow there is no pain

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Session One provides the foundation for
understanding the nature of addiction. The program
seeks to reintegrate the person's body, mind, and
spirit which, due to addictive disorders, have become
fragmented. Movement exercises, meditations, and
dietary suggestions will be taught in the first session.

Physical (Jing 精):

- ☉ Reestablishing Alignment
- ☉ Neurological breath-work
- ☉ Balancing hemispheres via movement
- ☉ Psycho/Emotional Biomechanics
- ☉ Discovering/ Accessing / Releasing
muscular tension
- ☉ Movement as Self-regulation

Energetic (Qi 氣):

- ☉ The body's energetic matrix
- ☉ Flow vs. Stagnation/Stasis
- ☉ Pre-natal/Post-natal
- ☉ Five Phase Correspondences
- ☉ Dealing with toxic energy
- ☉ Dietary Energetics
- ☉ The energetics of Emotion

Spiritual (Shen 神):

- ☉ Accessing Divinity
- ☉ Higher creating Lower
- ☉ The #3 key
- ☉ A part of, not apart from
- ☉ Linear/Non-linear, Duality/Non-duality
- ☉ Disease vs. Imbalance

The program will be taught in its entirety during
Session One, giving attendees valuable tools and
information to work with and understand the nature
of Addictive Disorders.

The complete program consists of three more, three-
hour sessions which focus specifically on each of the
three aspects of our existenc:

Session Two - Physical (Jing 精)

Session Three - Energetic (Qi 氣)

Session Four - Spiritual (Shen 神)

Program created and facilitated by:

MARK R. REINHART MMQ

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*For more information call Twin Ponds Integrative Health Center: 610-395-3355
visit: www.twinpondscenter.com*