Heart Medicine

Emotions, Sleep, Dreams, Palpitations, Digestion, Breathing, Complexion, Tongue….. are all reflections of the Shen (Spirit) that is rooted in your heart Qi. This workshop is medicine of the Summer, (Fire, Passion and Joy). Using TCM Medicine, 5Element Somatic Movement in Yoga and Qigong forms and ending with a Heart-Fire Ceremony, the 3 hours will give you healing practices and body-shen awareness to be move fully alive in the peak of the Sun!

Candace Gossen, PhD returns to Bisbee! She is a MogaDao Qigong Instr; “Fierce Medicine” and certified Adv. Forrest Yoga teacher, currently in M.S. Ac in Denver, Colorado.

For more info: and registration:
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