

April 29 & 30, 2017

5 Element Medicine & Qigong Workshops

Friday Harbor, SJI -- Saturday 29 April, 2017



Workshop TCM - 11:30am - 2:30pm

Dance Workshop II, Friday Harbor \$50



Advanced registration discount by Apr 26, all workshops included for \$75

email: info@blackcoyotemedicine.org

Using TCM and 5 Element analysis, we will find out which of the root elements we are. Are you Fire, Water, Wind, Metal or Wood? What does that mean both Psychologically and Physiologically? Our constitutions have patterns in our emotions and tendency toward imbalance. We will learn tongue analysis, Hara diagnosis, and then use what we have learned in practice with both yoga and qigong forms. This is the beginning of a self-healing path using ancient medicine based on nature.

Practicum MogaDao Yin Tonifying and Yang Tonifying Qigong



Workshop Yin/Yang- 3:15pm-4:15pm \$20

Dance Workshop II, Friday Harbor

Beginning with Inner Alchemy Meditation and Pranayama, we will move with skill and focus on the medicine of the 5 forms of the Yin Tonifying and the 5 forms of the Yang Tonifying Qigong. Qigong IS medicine in movement and each of the forms directs the vital Qi in a deep and powerful way to support the ZangFu organs and each of their meridians. These forms will be directly related to your root constitution and useful in their seasons, when deficiency calls for strengthening and for balance.

Practicum 5 Element Yoga using Forrest Yoga Sequencing and TCM Meridians



Workshop 5EYoga- 4:30-5:30pm \$20

Dance Workshop II, Friday Harbor

All Levels Yoga practicum focusing on the asanas, anatomy, and the energy channels of the body from a TCM perspective. Through somatic movement which aims to unblock stuck energy, you can find healing. Building core strength beginning with the breath and using the inherent wisdom of your body, both yoga and qigong can help heal injury, emotional trauma, addiction, and imbalance just to name a few.

Practicum MogaDao Morning Medical Qigong



Workshop MMSunrise - Sunday morning, 8-9am - Free

*San Juan County Park, on the grass by the water

Location of workshops:

Dance Workshop II, 15 2nd St N, Friday Harbor, SJI (in the Mason Bldg.)

Taught by Dr. Candace Gossen, PhD/RYT/M.S. Ac. Professor, Archaeologist, Teacher, Medicine Woman. www.blackcoyotemedicine.org

