

Between Heaven & Earth:

A 5Element Workshop & Practice
Yoga & Qigong

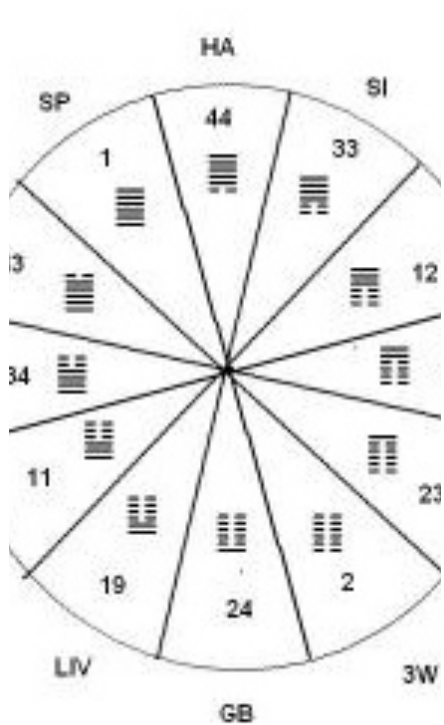
Thursday evening & Friday morning 3/2-3/3/2017

All Sessions at Club Kilimanjaro, 33 Subway St, Bisbee, Az



Sign Up in Advance for one, or all
and get a \$10 discount = \$40

E m a i l :
info@blackcoyotemedicine.org



THURSDAY

3/2/2017

5:15-8:15PM \$25

Part One - TCM Medicine, Are you Fire, Water, Earth, Wood or Metal? What does that mean and how to recognize and heal the imbalances.

Part Two - Building Qi, Using the Yin Tonifying Forms (winter) and Yang Tonifying Forms (summer) Qigong to transition through illness, depression, stress, and other imbalances.

Part Three - Yin Yoga, mild yoga practice to build strength, flexibility and breath with practical exercises.

FRIDAY 3/3 8-9AM

\$10

MogaDao Morning Medical w/
Spring Forms

FRIDAY 3/3 915 -

1045AM \$15

5 Element Yoga, Forrest Yoga
Asana sequenced with the 5
elements. All Levels Welcome.

Candace Gossen, PhD returns to Bisbee!
She is currently in Denver at the Colorado School
of Traditional Chinese Medicine, is a certified
Forrest Yoga teacher and MogaDao Qigong
teacher.



Spring comes after the fall of the leaves,
which is proof enough of the fact of
resurrection."

- RUMI