Between Heaven & Earth: A 5Element Workshop & Practice
Yoga & Qigong
Thursday evening & Friday morning 3/2-3/3/2017

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 9:15 - 10:45AM $15
5 Element Yoga, Forrest Yoga Asana sequenced with the 5 elements. All Levels Welcome.

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

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.