

About the Workshop *You are what you eat!*

Food (Gu) Qi makes good blood + Qigong (breath + movement) adds vital life force along with medicine such as topical tinctures to move stagnant blood and qi is what this class is all about!



3 hour workshop includes:

- TCM Nutrition information on making good blood
- Exercises designed to increase vital substances in the body and open the senses to balance.
- Make a TCM topical tincture to take home and use for aches and pains caused by stagnation and blood deficiency.

Advanced Registration ONLY in order to have sufficient ingredients purchased ahead of time. Bottles and tincture substances provided. You need to bring a mortar and pestle to the workshop. Wear comfortable clothing. Age 10+

“Blood is the mother of Qi, and Qi is the commander of Blood”

The Concept of Blood (Xue) and Qi

Vital Substances in Traditional Chinese Medicine.

Blood (xue) points to qualities of nourishment, receptivity, softness, relaxation, ease, and being.

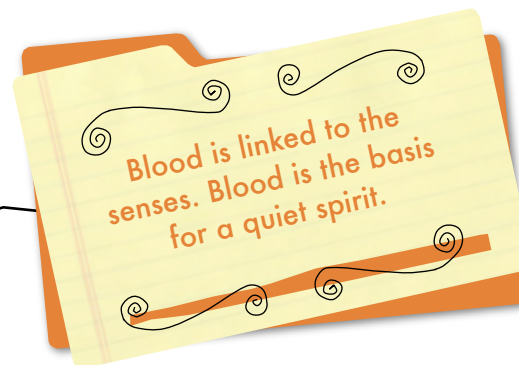


The essence "Jing" defines the personality of a human being.

Jing is charged by food. From food in turn, it becomes again life energy Qi, which, directed by the kidneys, supplies the whole body, activates and moves. Essence defines our growth, reproduction, development and aging.



JUNE 2
SATURDAY
9AM - NOON



\$50

taught by Dr. Candace Gossen of BlackCoyote Medicine

To register:

Advanced Registration Only
Closing Date May 30
email:

info@blackcoyotemedicine.org

971-222-5112

Location

Althea Center
1400 N. Williams, Denver
2nd fl. Sacred Movement
Studio