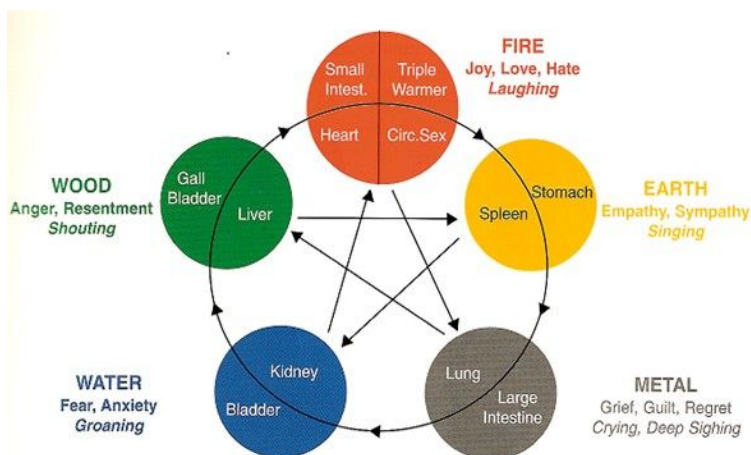


5 Element Energetics, Qigong and Chinese Medicine

With Susan Cromwell L.Ac



Classes will be a blend of lecture and movement. Each class will explore one element/energetic and will cover 5 element theory, the organs and Correspondences with the element, and qigong that related to that element. Some acupuncture points will also be introduced.

Topic schedule:

1/26 9:00 am-12 noon "Bubbling Wells" - Water/Winter

2/2 9:00 am-12 noon "Gate of Hope" - Wood/Spring

2/9 -9:00 am-12 noon "Spirit Gate" - Fire/ Summer

3/2 -9:00 am-12 noon "Great Abundance"- Earth/ Late Summer

3/16 -9:00 am-12 noon "Great Abyss" - Metal/Fall

Held at: Maine Center for Taijiquan & Qigong 500 Forest Ave. (back of building) Portland

\$50 per pre registration (\$60 per at the door)

\$250 for series when pre registered

About Susan Cromwell, L.Ac

Susan holds a Masters Degree from the TAI SOPHIA Institute in Laurel, Maryland.

She is a member of the Maine Association of Acupuncture and Oriental Medicine, and is nationally certified for the treatment of substance abuse and alcoholism by the National Acupuncture Detoxification Association (NADA).

Before beginning her career in acupuncture, she worked at a domestic violence project, serving as an advocate for people experiencing abuse in their intimate relationships.

In addition to being an acupuncturist, Susan is also a Tai Chi and Qigong instructor at Full Circle Synergy in Portland. She sees her on-going studies of these gentle, yet powerful exercises as fundamental to her work in assisting in the cultivation of health and well-being

Register by phone 207-780-9581 or via email at info@mainetaiji.com