

# Three Rivers/ 12 Steps: Qigong for Recovery



Saturday February 18, 2012

10:00 AM - 4:00 PM

Cost - \$60.00

This training is beneficial for Counselors, Therapists, and anyone interested in learning more about Addictive Disorders.

Approved for Continuing Education Credits (CEUs)



Recovery can be viewed as the process of reconnecting, balancing, and harmonizing the body, mind, and spirit of an individual.



Through skewed perceptions, survival-based coping mechanisms, and improper lifestyle choices the totality of a person becomes fragmented, usually resulting in a dysfunctional and self-destructive approach to life.



Three Rivers/12 Step : Qigong For Recovery approaches addiction and recovery from the Classical and Traditional Chinese medical, philosophical/spiritual perspectives combined with the 12 Step Program and a life of artistic cultivation.



Without flow there is pain,

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With flow there is no pain

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*Session One* provides the foundation for understanding the nature of addiction. The program seeks to reintegrate the person's body, mind, and spirit which, due to addictive disorders, have become fragmented. Movement exercises, meditations, and dietary suggestions will be taught in the first session.

### Physical (Jing 精):

- ☉ Reestablishing Alignment
- ☉ Neurological breath-work
- ☉ Balancing hemispheres via movement
- ☉ Psycho/Emotional Biomechanics
- ☉ Discovering/ Accessing / Releasing muscular tension
- ☉ Movement as Self-regulation

### Energetic (Qi 氣):

- ☉ The body's energetic matrix
- ☉ Flow vs. Stagnation/Stasis
- ☉ Pre-natal/Post-natal
- ☉ Five Phase Correspondences
- ☉ Dealing with toxic energy
- ☉ Dietary Energetics
- ☉ The energetics of Emotion

### Spiritual (Shen 神):

- ☉ Accessing Divinity
- ☉ Higher creating Lower
- ☉ The #3 key
- ☉ A part of, not apart from
- ☉ Linear/Non-linear, Duality/Non-duality
- ☉ Disease vs. Imbalance

The program will be taught in its entirety during *Session One*, giving attendees valuable tools and information to work with and understand the nature of Addictive Disorders.

The complete program consists of three more, three-hour sessions which focus specifically on each of the three aspects of our existenc:

*Session Two - Physical (Jing 精)*

*Session Three - Energetic (Qi 氣)*

*Session Four - Spiritual (Shen 神)*

Program created and facilitated by:

MARK R. REINHART MMQ

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visit: [www.twinpondscenter.com](http://www.twinpondscenter.com)