

Dancing with our e-motions... an exploration of energy flow

Most of us have had the experience of running away from the way we feel. Some emotions are culturally easier to “be” with than others, such as excitement and joy. How about grief, sadness, worry, anger and fear? In the West these emotions are not so well regarded and most of us are taught since early in life to deny, suppress or simply suffer through them.

Chinese and particularly Taoist medicine describes Wellness as an ever changing dance between Yin and Yang. In this subtle yet very down-to-earth dance, we pay attention to the alignment or misalignment among the different organs and emotions residing in our bodies. Paying attention in this case means to acknowledge and ultimately embrace the existence of energies-in-motion (e-motions) flowing throughout our bodies and mind without necessarily placing any judgment over them.

In these series of classes I will invite you to connect and enjoy the flow of Vital Energy (Chi) throughout your entire sentient being. The tools we are going to use come from ancient Chinese knowledge coupled with modern approaches towards our emotions, the way we feel about them and how they feel about us.

We will invite our bodies to learn Chi Kung as a means to transform stagnant energy, (like emotions that over time became toxic to our system), into free available energy that may assist us in accomplishing our destiny in life. I will also invite certain acupoints in your ears to help your body remain calm and at peace while we witness the way energy flows within us.

Class format:

Only women are invited to meet for 7 consecutive weeks for 1 ½ hrs each time. All you need to bring is curiosity and your willingness to explore your sacred body and mind!

Looking forward to exploring together!

Yamin Chehin L.Ac, Dipl O.M

About the instructor

Yamin is a licensed acupuncturist and herbalist who has also undergone extensive Western medical training. The hallmarks of Yamin’s practice are vast medical knowledge conveyed in understandable terms and a vision of the patient as the partner in achieving and maintaining health.

In addition to acupuncture and herbal treatments, Yamin is a certified senior instructor in Chi Kung, an ancient Chinese art form of movement and breathing which helps the body awaken its natural healing potential. She also uses the Alexander Technique to help patients improve their body mechanics and alignment so they may get relief from pain and pursue a full life.

For more information visit her website at www.healingcycles.net