



*TCCII and Crossings Present*

## **Acupuncture Meets Qigong**

*A Special Blend of Acupuncture and Qigong Meditation*

*Enhance Your Self-healing Potential*

*Wednesday Night at 6:30 PM at Crossings*

### **Why do we integrate Qigong with Acupuncture?**

Since ancient times in China, Qigong and Acupuncture have been two complementary modalities often used hand in hand to augment their mutual benefits. Always seeking new and innovative ways to facilitate deeper healing, staff at the **Crossings Center for Healing Traditions** has initiated a *Community Acupuncture Clinic* program that is gaining more and more popularity. This community clinic has provided a unique opportunity for acupuncture treatment in a group setting. With Guided Qigong meditation, your Qi energy activated by acupuncture can be further guided for self-healing. In addition, your own Qi energy can also connect with the group's energy to form a powerful and harmonic Qi field – that's when the healing power gets exponentially enhanced!

### **How does it work?**

Crossings' licensed acupuncturists will provide your acupuncture treatment. Come at 6:30 PM on Wednesdays, and you will get started with acupuncture treatment in a group setting, either sitting on a chair or a reclining chair. After everybody is comfortably settled in a circle, we will begin Qigong meditation led by Dr. Yinong Chong, and Mr. Shawn Cartwright, certified Qigong instructors from TCCII. This classic meditation is based on ancient Chinese self-healing and cultivation practices, and has been used by over ten thousand people in China and the U.S. since the 1980s. After about 30 minutes of meditation, we will do a few minutes closing after the needles are taken out. The whole session lasts about 45-60 minutes.

### **Who can benefit from this special Qigong/Acupuncture combination session?**

The short answer is: EVERYBODY. The Qigong meditation is a specially designed self-healing meditation, which you can use for a wide variety of conditions. The acupuncture treatment used in these sessions will also emphasize general balance and harmony of your entire being. However, the combined session may also benefit those who have the following symptoms:

- Addictions, Allergies, Anxiety, Arthritis, Asthma, Back Pain
- Carpal Tunnel, Chronic Fatigue, Colds & Flu
- Depression, Diabetes, Dizziness, Epigastric Pain
- Fibromyalgia, Gas/Bloating, Headaches, Hypertension, IBS
- Insomnia, Irritability, Knee Pain, Low Back Pain
- Menstrual Pain, Migraines, Nausea, Neck Pain
- Obesity, PMS, Reflux/GERD, Sciatica
- Sexual Issues, Shoulder Pain, Sinus Problems
- Sports Injuries, Stress, Tendonitis, Vertigo

### **How do I register?**

Wednesday Night at 6:30 PM Starting March 12, 2008. You can schedule this special Acupuncture/Qigong session at a cost of \$40 per session. Save with multi-session pass: Three Sessions \$100, Four Sessions \$120. **Location: 8505 Fenton Street, Suite 202, Silver Spring, MD 20910**

***Call Crossings now to schedule your appointment at 301-565-4924.***



## TCCII and Crossings Qigong and Acupuncture Clinic Featuring

**Mr. Shawn Cartwright** is co-author of the guided meditation CD *Touched by the Tao: Classical Chinese Meditation for Health and Healing*. He is a certified instructor in Qigong, Chinese Internal Kung Fu and Tai Chi. Mr. Cartwright teaches authentic technique and application for health and realistic self-defense. He can clearly explain how to do the movements and the internal theory behind them. A practitioner of both the martial and healing arts, he teaches students how to apply internal training to both. His understanding of classical Chinese internal arts and western culture allows him to build a bridge between East and West. He is a 26th Generation indoor student of Wudang Longmen Pai and a 20th Generation indoor student of Chen Style Tai Chi Chuan. His many years of intensive training includes Qigong, Tai Chi, Hsing-I, Pa Kua, Wing Chun, Fukien White Crane and Kai Sai Kung Fu. Mr. Cartwright earned his MBA and BS from Vanderbilt University.

**Dr. Yinong Chong** is co-author of the guided meditation CD *Touched by the Tao: Classical Chinese Meditation for Health and Healing*. She has over 10 years of professional experience in public health research, and is also a certified Qigong instructor. Dr. Chong teaches the forms and theory within a traditional Chinese cultural context that is relevant for today's world. Her health science research expertise enables her to bridge the ancient teachings and modern science. Born and raised in China, her rare proficiency in Classical Chinese and ability to "speak English like a native" make her one of the top interpreters of Chinese esoteric knowledge in the US or China. She is a 26<sup>th</sup> Generation indoor student of Wudang Longmen Pai. She has trained with several prominent TCM doctors and Taoist teachers from China. She has translated for or chaired Qigong sessions at the Whole Person Healing conference, SUNY's Healing Arts Seminar at Stony Brook, and the University of Arizona's Integrative Medicine monthly seminar. Dr. Chong earned her PhD in Sociology from the Arizona State University, her MA in Journalism from Chinese Academy of Social Sciences, and her BS in English Literature from Beijing University.

**Jeremy Riesenfeld** is a Licensed Acupuncturist, and founding member of the Crossings Community Wellness Clinic. He is also a Chinese Herbal Medicine Intern at the Tai Sophia Institute, and is certified as an Acupuncture Detoxification Specialist by the National Acupuncture Detoxification Association. In addition to his clinical work, Jeremy serves as Crossings' Education Program Director, and Crossings' Corporate Wellness Services Account Manager. Having spent the past 8 years learning the Chinese Medicine approach to the mind, emotions, body and spirit, he brings a wide range of information and practical advice to his work with patients. Jeremy holds a special interest in how meditation and self-inquiry can help us relax the internal tension that lies at the root of much physical, emotional, and mental suffering.

**Andres Vergara, L.Ac., M. Ac.**, is a licensed acupuncturist, certified and full Qi Gong instructor with the healing tao, a certified zero balancing practitioner and a clinical Chinese herbal Intern at the Tai Sophia Institute for the Healing Arts. He has over 400 hours of qi gong training with various healing tao instructors. He has practiced these methods for many years. Andres Vergara is certified as an Acupuncture Detoxification Specialist by the National Acupuncture Detoxification Association. He uses these modalities to promote health, balance, harmony and a profound peace and vitality in his clients and students.

### About TCCII

The Traditional Chinese Culture Institute International is a non-governmental organization specializing in the design and development of cultural and educational programs to promote Traditional Chinese Culture outside of China. Our mission is to promote deeper and broader understanding of the authentic teachings from Chinese Culture, and revitalize the best tradition in Chinese cultural heritage that has special meaning and relevance to today's world. Program areas included Wudang Internal Arts, Classical Qigong for Health and Healing, Original Chen Style Tai Chi Chuan (Taiji Quan), Kung Fu, traditional Chinese medicine, Chinese Art and folk performance. Our seminars and classes are held in the Washington DC Metro Area, convenient for Maryland, Northern Virginia, and easily accessible from the East Coast. <http://www.tccii.com>

### About Crossings

Crossings: A Center for the Healing Traditions is located in the heart of Silver Spring, Maryland. Crossings is a healing center and a learning community. We serve individuals on their life journey by restoring and supporting the natural harmony and rhythms of body, mind and spirit. Founded in 1990, our practitioners and teachers serve 500 people each week. <http://www.crossingshealing.com/index.html>