Bodymind Healing Qigong: Embodying Cross-cultural Wisdom Traditions

with Michael Mayer

Titles of 26 classes

1. *Summer Solstice all Year Long: The Psycho-spiritual Path to Birthing Light and Energy in our Lives*

2. *Deer Kissing Eyes: Finding your Medicine Animal—through Vision Questing and Shamanic Animal Form Qigong Practices.*

3. *Shamanic Cave Creation Myth: Your Entryway into Shape-shifting for Bodymind Healing*

4. *Autumn Equinox Qigong: Cross cultural Perspectives on finding Balance and 'Lightening' up your Day*

5. *Beating the Heavenly Drum: Post-modern, Taoist Alchemy Practices*

6. *Shape Shifting: Cross-cultural Views and Practices to "Trance-form" and find your Way Home*

7. *Qigong in Everyday Life (with a little help from your Deer Teacher)*

8. *Halloween: Hidden Meaning and Practices*

9. *Condensing and Expanding of Chi: To Cultivate the Sphere of your Self*

10. *Condensation of Chi Part 2: Balancing Opposites and Finding your Central Equilibrium*

11. *Healing Dysregulation: What does Qigong practice add to controlling your flight /fight/ freeze response?*

12. *Winter Solstice Qigong in Everyday Life: Cross cultural Practices for Rebirthing your Life's Energy*

13. *Integrating Modern Psychological Knowledge with Ancient Qigong practices: Affect tolerance, affect regulation, etc.*

14. *Qigong as a Rite of Renewal*

15. *Qigong as a Rite of Renewal #2: Transforming and Embodying your Psycho-spiritual Self*

16. *Bodymind Healing Psychotherapy & Bodymind Healing Qigong: Integral Healing and Changing your Life Stance*

17. *Cross Quarter Holidays: Expanding your Qigong Practice to the Eight Directions*

18. *Cross Quarter Holidays #2: Creating your own Qigong Healing Ritual to the Eight Directions*

19. *Qigong as a Non- Herbal Adaptogen*

20. *Working with Intention to Heal: Bringing Love and Compassion into our Practice*

21. *Cultivating the Golden Ball: (in the Eastern and Western Mystery Traditions)*

22. *Cultivating the Golden Ball #2: The Psychological and Energetic Dimensions*

23. *Cultivating the Golden Ball #3:Cross-cultural, Mystical Pathways to Bodymind Healing*

24. *Cultivating the Golden Ball #4: Discovering Multifaceted Meanings*

25. *Finding the Spring Equinox in Everyday Life: Balancing Yin and Yang, finding your central equilibrium, etc.*

26. *Passover East and West: Cross-cultural Rituals for moving out of Inner Slavery towards the Promised Land*