



MOVING ON THURSDAY

Group Therapy and Qigong Practice

May 3 to June 14, 2018 (Every Thursday)
8:30 am to 9:45am.

Moving could refer to actions of leaning into, moving past, moving out or simply getting unstuck.

Launch your personal project of change by using this group as your anchor. Find out how it is like to experience movement in life as opposed to defaulting to your auto-pilot.

You are encouraged to step out of your comfort zone, find connection, and experiment new behavior. Topics such as self-doubt, shame and resilience are examined while we move, scribble, and gather in compassion.

We close each session with Tai Chi Qigong practice. These 18 steps form a sequence of fluidity to create synergy between body and mind. It is a friendly way to experience meditation in movement. Here we move a lot; breathe a lot.

Adults aged 25 and above who identify with the need for *MOVING* are welcomed to join. In case you worry whether you will do well in group, this may be a great place to start. If you are a bit nervous about being around people, you are not alone.

Fee: \$175 for 7 sessions. (\$25 each). Check payment before April 25.

Please contact Poling Chan, MSW, LCSW at (970) 481-7397 or polingchan@mail.com for more information,

MOVING ON THURSDAY is held at
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