

Centered Awareness for Bodyworkers

Evidence Based Qigong™ and Applications to Massage

\$80 for 4 CE Olympic Massage NCBTMB # 307802-00

Taught by Joan Schraith Cole

October 25, 2014 8am-12pm

Hilton Garden Inn

1315 North Mattis Avenue Champaign, IL

*“There is serenity in the slow and gentle flow
and harmony within the calm...*

The motion is soft but not weak – it has integrity and cohesion.

*There is connectedness in the slow motion as in
the drawing of silk from a cocoon without breaking”*

- C.P. Ong, Taijiquan: Cultivating Inner Strength



Skills from the martial art of **Taiji** that will make you a better bodyworker and help prevent injury and burnout. These skills can apply to almost any modality, from deep tissue to light touch.

More than just good posture or **body mechanics**, these skills are all about dynamic relaxation achieved through mind-body-spirit integration.

- **Standing and moving qigong exercises** will teach you how to connect your upper and lower body, power your strokes with your breath, and move from your core using silk reeling.
- **Sitting qigong meditation** will provide tools for developing presence and mindfulness, holding space and boundaries.
- **Seated massage techniques** will be practiced to illustrate some concepts from push hands that apply to palpation and release of restrictions.

Get deep results from work that is gentle and relaxed.

Come dressed to move and bring a yoga mat or blanket for floor work.

About the Instructor:



Joan Schraith Cole trained at Parkland College in Champaign IL and was licensed to practice massage in 2006. She is one of the Olympic Massage instructors carrying on Lolita Knight's teaching legacy, and is also certified as an Evidence Based Qigong™ and Evidence Based Taiji™ Instructor by Grandmaster Yang Yang of the Center for Taiji Studies.

Image Credits: A Tai Chi Chuan class in Brazil by Sergio Luiz Villasboas

Pushing hands (tui shou) by kweez mcG

Meditating in urban environment smaller by Louwrents