



2018 CHINESE NEW YEAR CELEBRATION

SUNDAY FEB 18TH

Come and celebrate the year of the dog at Enso Center
1 Session \$25, 2 Sessions \$40 or all 3 for \$50

-We welcome people of all levels and physical abilities in these classes, children and adults.

Event 1: Noon-1

Tai Chi, Qi Gong, Yoga and Meditation

- Learn a practice for strengthening and stretching the body, increasing energy (Qi/Prana), and calming the mind.
- They are practiced slowly, with emphasis on healthy joints and movement, with a strong, relaxed body & mind.

Event 2: 1-1:45 pm

East Asian Medicine

- Discover how East Asian Medicine can help you in this fun and informational discussion and demonstration
- Learn some basic techniques and treatments for common injuries and strategies for stress/pain relief
- Learn to palpate channels and acupressure points, use cups and gua sha tools and more

*Includes take home goody bag
with 2 face masks and other herbal samples.*

Event 3: 2-3 pm

Community Acupuncture

- Relax as you receive gentle acupuncture and wellness in a supportive group setting.

*Experiencing acupuncture with a healing community
enhances its benefits and provides an affordable
alternative to private appointments.*