



500 Forest Avenue Portland, ME 04101  
(207) 780-9581

## **EXPLORATIONS OF MERIDIAN ENERGETIC THEORY & THE FIVE ELEMENTS**

This series of classes is designed for those interested in deepening their understanding of qi and Chinese philosophy as it applies to the human experience. Classes are two hours in length and will be mostly lecture with some qigong incorporated into each session. The series will draw on Classical Chinese medical and Taoist traditions in exploring some of the theory/mechanisms regarding qi in the body/mind/spirit. This is an excellent series for experienced qigong practitioners to broaden/deepen their understanding of why and how qigong works. Beginning practitioners who are interested in deepening their understanding of mind/body connections will also find this class of value.

**All classes are held on a Saturday from 9:15 am – 11:15 am**  
**Cost: \$200 for all 8 classes/ or \$37 a class for drop-in**  
**Instructor: Susan Cromwell**

### **January 14, 2012 – What is this stuff called qi? An introduction to general meridian theory**

This class will primarily be a lecture covering a general introduction to major principles and concepts within Chinese medicine.

### **January 28, 2012 – The eight extraordinary meridians and the microcosmic orbit**

The eight extraordinary meridians are the first to form in the body and they have a profound influence throughout our lifetime on both our physical and emotional experience. This class focuses on deepening our understanding of these extraordinary meridians and the importance of their continued cultivation.

#### **Introduction to the primary meridians**

These classes will introduce the Taoist concept of looking at the body as a reflection of nature – exploring the elemental associations or “correspondences” of the five elements (Metal, Water, Wood, Fire and Earth), their five element emotional and physical associations and the energetic pathways themselves, as well as their role in healing/living from a Taoist medical perspective. Classes will include an introduction to select points on the pathways of the head, torso and limbs.

### **February 11, 2012 - Explorations of Water Element: wisdom of the deep and transforming fear into the ability to face the un-knowing**

Organ/pathways: Bladder and Kidney

### **February 25, 2012 - Explorations of the Fire Element: Joy and the journey within, understanding our heart's desire and the glory of simply be-ing**

Organ/pathways: Heart and Small intestines, Pericardium and San Jiao

### **March 10, 2012 - Explorations of the Metal element: Awe, grief, respect and the value of letting go**

Organ/pathways: Lungs and Large intestines

**March 24, 2012 – Exploration of the Wood Element: from anger to benevolence and how flexibility and creativity are essential to passionate living**

Organ pathways: Liver and Gallbladder

**April 7, 2012 - Explorations of the Earth element: Nourishment on every level**

Organ/pathways: Stomach and Spleen

**April 21, 2012 – Points, meridians, self care and how the five elements work together**

This class builds on the previous 7 classes and will explore the dynamic interaction between the five elements. We will also look at common acupuncture points for self-care.