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Mind Body Movement With Christine

Hello and Welcome to the Mind Body Movement Spring Newsletter

It's stuck. I tried and tried to write Spring wisdom and information for this newsletter. Yet every time I sat down to write, the words wouldn't flow. It was stuck. In this moment of frustration I found the message....it's ok to be stuck, even in Spring. It's ok not to bloom just yet. It is ok to grow, to expand at different rates and times. Even when the world around us is changing and adjusting, it's ok to be stuck where you are. I sat with this thought. I moved my mind into my body with gentle Qigong movements, helping to clear the frustration that had built up. I felt rejuvenated. I felt fresh like after a Spring storm, ready for when the time is right to be unstuck, to blossom again.

with gratitude, Christine

Want more Tai Chi Qigong?

Tai Chi Qigong Mind Body Movement Program

Tuesdays 10am at the [Coeur d'Alene Library](#) Free (donations accepted) and all are welcome

NEW Saturday Morning Tai Chi Qigong

Saturday 9am at Coeur d'Alene City Park April 6th & 20th May 4th & 18th Free (donations accepted) and all are welcome. Find more information [HERE](#)

Come out for one Saturday or come for them all. Temps may be cold the first couple of weeks, so

dress warmly (hat, gloves, scarves etc) **We will not meet if it is raining.**

NEW Make Space for Listening Within Retreat in Spokane

I will be leading a Tai Chi Qigong session at this day long retreat in Spokane. Other sessions include Guided Meditative Drum Journey, Himalayan Singing Bowl Sound Bath and Mindful Movement and Dance. Click [HERE](#) to learn more and register for this day away.

NEW Private or Small Group Tai Chi Qigong Class

Openings for May. [Contact me](#) if you are interested.

Other Online Tai Chi Qigong

There are many great people and organizations out there. Some that I really enjoy are linked below.

- [Jamie Alonge Regeneration Tai Chi](#)
- [Mimi Kuo-Deemer](#)
- [Paul Lam Tai Chi For Health Institute](#)

As I hear about more places teaching or sharing Tai Chi Qigong locally, I will make sure to pass that information on as well.

Qigong Movement - Press

With each season we have a corresponding sound to help move the emotion and Qi through our bodies. In Spring that sound is Shue. We can say it like “shhhhhshhhhuuuu”. It is a soft quiet sound and different from a shushing sound. This Spring sound helps us move the emotion of anger or frustration. A simple Qigong movement for this is Press. Starting in a comfortable balanced stance, inhale and draw your hands up your side with palms down. Once your palms reach your chest, turn your palms out and press hands forward with a “shhhhhshhhhuuuu” sound on your exhale. Think about pulling the anger out of your liver, where that emotion likes to live, and releasing it out with your breath. Be aware to not hunch up your shoulders on the inhale, but rather let them slide back and down as you prepare to press out and exhale. Repeat as many times as is comfortable. You can also do this with one foot forward, shifting the weight back on the inhale and shifting weight forward on the exhale. Once finished, place gratitude hands on your heart and do three cycles of deep breaths. Repeat three cycles of deep breaths with hands on your dan tian.

We spend a lot of time looking for happiness when the world right around us is full of wonder. To be alive and walk on the Earth is a miracle and yet most of us are running as if there were some better place to get to - Thich Nhat Hanh

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