

# The Whole Health Center

## News and Schedule Update Winter 2017

These times seem to be awakening many of us to the need to be more personally involved in the things we care about, and to assert ourselves politically. In the wake of the million woman march, people are continuing to take organization and follow-up more seriously. Action campaigns and petitions are all through the emails. It is important that we be astute about where we put our energies, strengthening ourselves and our humane commitments, and creating new foundations for the long-term. Our passion must be grounded, without just getting sucked into the draining and endless emotional drama of “he said this” and “he did that.” Of course he did! And we mustn't forget to take care of ourselves at a deeper level, strengthening our own integrity and our own roots while not losing sight of our commitment to others.

Our two remaining retreats this winter support that personal integrity, and offer opportunities for self-care, while strengthening the capacities of body, mind and heart. They offer a chance to learn new skills, to take time for renewal, restoration and reflection, and to make a warm and meaningful connection to others. We are also offering a combined discount for both.

**Compassion, Integration and Healing – Conscious Loving Presence in Tibetan Tonglen Practice: February 10-12, 7:00 Friday evening through lunch on Sunday.** *Tonglen* meditation offers us a systematic way to navigate the obstacles that keep us from opening our hearts fully. It helps us gently melt away the old patterns of flinching, shutting down or avoiding, and to learn to face into the feelings and situations that scare us, overwhelm us, or arouse negativity. It was designed to awaken, support, and deepen our compassion for all other beings; and to help us to stay present for another's joys and sufferings. But it also shows us how to stay compassionately present to ourselves – to heal and to integrate our emotions, our past, our relationships, and our highest aspirations. This is a warm, relaxed and gently probing and transformative weekend. Cost for residential program with meals: \$195. Let us know if scholarship help is needed. See registration below.

**10<sup>th</sup> Annual Taoist Qigong/Meditation and Self-Care Retreat – March 16-19, Thursday evening through Sunday lunch (participants may also choose to start Friday evening).** Anyone who has tasted – or who has not yet tasted – the simple yet marvelous power of qigong to facilitate well-being may welcome this opportunity to experience its sustained effect. The slow moving exercises are relaxing and freeing, gently supporting flexibility and release of tension, easing the mind, awakening the flow of vital energy, and balancing all physiological systems. The guided meditations are designed to awaken an intimate healing relationship with our own bodies and to deepen our harmony with the earth around us. Each day will offer a relaxed but full schedule of learning and practice, providing the cumulative benefit of gentle but sustained exercise, meditation, self-massage and other self-care techniques, relaxed down-time

and nourishing food. Taoist tradition embodies a poetic and naturalistic approach to the world in which the care of the spirit and the care of the body are part and parcel of each other. During this unsettling time of change, in a world where we can easily lose our sense of self, this retreat provides a chance to practice the attitudes, the awareness, and the skills that re-establish an intimate and pro-active relationship to the health of the body and the spirit, and to the natural healing energies all around us. Cost for the full residential retreat with meals is \$255, (\$225 if registered by Feb. 28). (\$195/\$170 if starting Friday evening.)

**Registration Form** Please call or email with any questions

Participants may register with a deposit of \$50 for each workshop. Anyone choosing to take both workshops will receive a 20% discount off the full price of both.

Please register me for:

\_\_\_\_ Compassion, Integration and Healing - \$195

\_\_\_\_ Taoist Qigong/Meditation Retreat, Thurs - Sunday \$255 (\$225 by Feb 28) \_\_\_\_\_

\_\_\_\_ Taoist Qigong/Meditation Retreat, Friday -Sunday \$195 (\$170 by Feb 28) \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

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### **America 2017**

While politicians strut and shout,  
and turn our future inside out,  
a million quiet hands begin  
to turn our future right side in.

And all of us must now resume  
the work that lets our essence bloom;  
and heart to heart we shall extend  
what will uphold us in the end.

PW

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