

THE WHOLE HEALTH CENTER

2020 Winter-Spring Programs

We've had a very relaxed schedule at The Whole Health Center this winter. But the theme that has prevailed this winter is communication and the heart -- fostering classes on accessing the heart and our empathy pathways, and supporting community opportunities for heart-based communication. This includes our new monthly schedule of dyad communication exercises -- second Saturday of every month here at the Center -- and other programs scheduled up and down the coast.

More programs coming this spring -- including our True Heart, True Mind Intensive, June 4-8!

Speaking and Listening from the Heart -- We've had three such successful gatherings so far, and the next three are scheduled for **Saturday morning, March 14, April 11, and May 9**. These were literally created by public demand. Combining meditation, structured two-person communication exercises, and group connection, the practice supports the attuned listening to self and other that fosters insight, integration and connection. **You can see the flyer for this program on the home page of our website. Please note, though, that we have moved the starting time from 10:00 ahead to 9:30 - 1:00, followed by lunch for those who can stay.** Cost: by donation.

Communication as Spiritual Practice -- Saturday afternoon, March 7, from 1-5pm at Steamy Buddha, 50 Church Street in Ellsworth. In addition to teaching the dyad communication exercises, this program offers a teaching introduction to the nature of our heart-field and our neural empathy pathways, how they get short circuited in favor of our mental strategies, and how we can mindfully and heartfully re-establish them. And how these pathways both enable, and are deepened in turn, by the practice of attuned and authentic communication. Cost: \$50. **Register online at Steamy Buddha.**

Communication as Spiritual Practice in Camden and in Belfast -- essentially the same program as above, with hopes of creating a growing community of sharing and practice, ultimately all by donation. Ask about and register with us for:

Communication as Spiritual Practice:

in Camden at Camden Whole Health, Saturday, March 28. 1-5pm
in Belfast at the Belfast Dance Studio, Saturday, April 4, 1-5pm

Also:

**New Sunday Morning Qigong Classes with Paul Weiss at Steamy Buddha,
9-10:30 in Ellsworth**

And at our Center: our ongoing qigong class, Thursday mornings 8-9:15
our ongoing meditation class, Monday evenings, 7-8:15

And, as always, Individual and Couple Counseling Services

For questions, registrations or appointments: 288-4128, info@thewholehealthcenter.org