

Three Rivers / 12 Steps : Qigong for Recovery

*Exploring the addictive mindset, addiction
and recovery*

Saturday December 2, 2017

2:00 - 6:00PM

Cost: \$80 - Each participant will receive a special gift

Understanding the roots and ramifications of addiction has become a critical survival tool in today's society.

Addiction is not only about drugs and alcohol. Most people when taking an honest personal assessment can find some form of addiction in their lives. Some more benign than others, the mindset is still the same and usually leads to some aspect of imbalance in the way we live our lives.

The Workshop will be held at:

Amethyst Retreat Center

44 Buffalo Creek Road
Duncannon, PA 17020

*for more information or to
register send an email to:*

amethystretreatcenter@gmail.com

workshop facilitated by
MARK R. REINHART

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Anyone and everyone with an interest in learning more about addiction and the addictive mindset is encouraged to attend.

This workshop will explore addiction from the Chinese philosophical, medical and spiritual perspectives combined with the 12 Step philosophy of Alcoholics Anonymous

We will also examine societal trends, and several other factors that contribute to the unusual rise in all forms and manifestations of addiction.

Exercises and meditations focused on balancing all aspects (physical, emotional/mental & spiritual) will be taught. Discussion & questions.

THREE PURE RIVERS STUDIO FOR THE ARTS

三清河道 馬克永學
18 RITTENHOUSE PLACE
PO BOX 402 DRUMS PA 18222
570.359.3059 ~ THREEPURERIVERS.COM