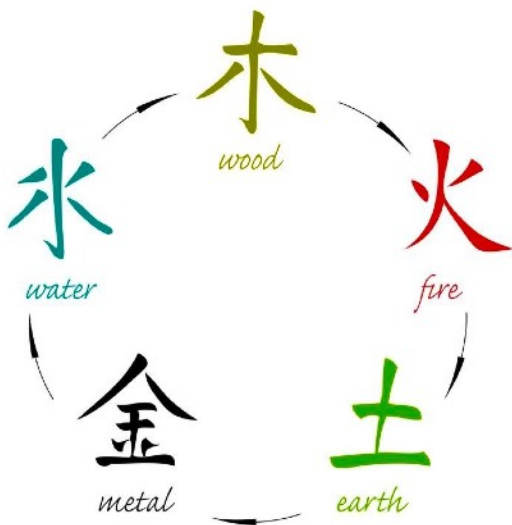


Silver Lotus Training Institute

Chinese Medicine 5 Element Theory The harmony between Water Wood Fire Earth and Metal



Explore the seasons, organs systems and how the elements work in the meridian system. Understand nature's energy and your internal energy as a framework for emotional, physical and spiritual health. Learn Qigong forms, Healing sounds and Elemental energy flow.

Location: Lewes Senior Activity Center 9AM to 1 PM

Saturday, October 19th, 2024	Metal Element (Fall)
Sunday, November 10th, 2024	Water Element (Winter)
Saturday, December 7th, 2024	Wood Element (Spring)
Saturday, January 11th, 2025	Fire Element (Summer)
Saturday, February 8th, 2025	Earth Element (Late Summer)

Presented by Susan Hamadock and Janet DeFeo

Cost \$120 per class.

Discount for all 5 classes paid before October 10th, \$500.00

Registration required, please email Janet at jmdtaichi@gmail.com

Certificate of participation or credit hours for continued teacher education.