

Awaken & Evolve Learning Center

Classes & Events for 2024

David Goldeen Classes & Events



Myofascial Release Self Care Clinic REGISTER FOR 1 OR ALL 3 MODULES @ \$50.00 PER
Low Back & Pelvic Pain 9:00 - 11:00 / Neck & Jaw Pain 11:30- 1:30 / Upper Back & Shoulders 2:15 - 4:15

These 2 hour classes will give you tools to improve chronic or acute pain. You will learn chronic holding patterns are at the root of most pain issues. These patterns develop in response to the perception of stress in our daily lives. In these classes you will learn to work with self treatment tools including balls, stone massage wands, heat & cold applications and receive personal instruction for your specific pain issues.



Continuing Educational Classes for Massage Therapists - Dates and Times
Introduction to MFR / Thoracic & Cervical Spine, Shoulders & TMJ / Lumbar Spine & Pelvis

Goldeen Teaching Series classes are ideal for the newly licensed massage practitioner or health care professional, as well as the seasoned practitioner. MFR is amazingly effective, producing sustainable pain relief for many who suffer from chronic pain. Having a working knowledge of these basic principals and a deeper understanding of the fascia complements and expand any practice. Classes are open to licensed health care practitioners regardless of tradition or discipline.

Vanessa Goldeen Classes & Events



Qigong Daily Practice 3 Levels - Thursdays 8:30 - 9:30 AM / \$100.
Level I - Aug. 8 - 29 / Level II - Feb. 8 - 29 No prerequisite
Level III Advanced - Aug. 8 - 29 Prerequisite must have taken Level I and/or Level II
Qigong cultivates the body's energy & allows us to connect to self deeply, evolving into a mindful state. Increase awareness, cultivating your own healing power and deeper connection to self.



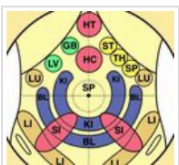
Qigong Seasonal Practice - Thursdays 8:30 - 9:30 AM / \$100.
Winter: Jan. 4 - 25 / Spring: Mar. 14 - Apr. 4 / Summer: June 27 - July 25 / Autumn: Oct. 17 - Nov. 1
Cultivates your awareness and the body's energy during seasonal shifts. This awareness is crucial to maintaining health and balance so you can enjoy life more! Presented for 4 weeks, with each seasonal change.
Available for purchase video instruction for those who cannot attend in person.



Laughing Qigong - Nov. 30 / 5:00 - 8:00 /
*Learn valuable info the benefits of cultivating laughter and your Inner Smile! Truly the best medicine, laughing stimulates neurotransmitter production enhances oxygen levels and circulation of blood and lymph. Enjoy an evening of slapstick, bloopers, crazy cat video followed by a rollicking game of "**Cards Against Humanity**"!!! Not for the comically challenged. Space is limited for the Mid Holiday Special A & E event to 12 people... register right away!*



Chi Nei Tsang (chee nay song) Self Care - Mar 23 / 9:00 - 3:00 / \$125
Self care Chi Nei Tsang enhances health. Consists of gentle abdominal touch with focused breathing to encourage elimination of toxic accumulations, restore organs, improves digestion, stimulates lymphatic & circulatory flow as well as increasing the production of the neurotransmitters that support physical and mental health by "Unwinding" the belly/gut tensions. Ideal for vagus nerve related gut & digestive issues, constipation/IBS, depression and anxiety.



Intro to the Chi Nei Tsang modality- Sun. April 21 / 10 - 2 / \$125
Applied Qigong Chi Nei Tsang: This class is for caregivers, massage therapists and anyone interested in exploring this amazing healing modality. The benefits of this modality provide support for clients suffering with gut issues, constipations/IBS, PTSD, stress reactivity, depression and learning disabilities. Participants will learn the benefits of Chi Nei Tsang as an adjunct to any practice.



Friday Night Happy Hour Weekly Meditation & Sound Healing - Every Friday Night 6 -7:15 / \$35.

1/2 hour of Qigong movement followed by Sound Healing & Guided Meditation to tune up the soul and reset your vibrational levels. Sound healing is an ancient and well documented healing modality that tunes up the energetic body that can get "jangled" up with life's rush of activities & challenges. Singing bowls, gongs, chimes, harps, ocean drum & more.



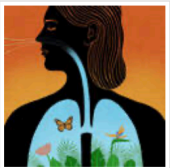
Solstice/Equinox Intention Focus - Dec. 22, 2023 / 2024 Dates: Mar. 5 / June 28 / Sept. 27 / \$40.

These special sound healing events are held on the closest Sunday afternoon to the solstices and equinoxes of the year. We will be fine, tuning our intentions for the new season to help our personal evolution of consciousness so we can enjoy life more! Smudging ceremony, intention journal and sound bath included



Healing the Vagus Nerve Nei Gong - Sat. Feb. 24 / 9:00 - 1:00 / \$75.

The vagus nerve complex plays a significant role in health. This class teaches the utilization of the Six Healing Sounds with other techniques to calm and tame this vital nerve complex. The vibrations of human sounds promotes healing by moving stagnant chi/old energy & information so that you can enjoy your life more. This class ends with a relaxing sound bath!



Breathe I, II, III - Sat.'s / 9:00 - 1:00 / \$75. Level I - June 29 Level II - July 27 Level III Advanced Aug. 24

This series of workshops offer the opportunity to develop connection to breath as our most available healing tool. Not breath work, but rather a deepening of natural breathing which can become deranged by stress, trauma and emotional challenges. Returning to breath offers a deeper awareness and connection to self, producing a more mindful state and improve your health in general



Fusion of Five Elements Meditations Sat. Sept. 21 / 9:00 - 1:00 / \$75.

Taoist Fusion Meditation is an ancient practice to focus qi flow through meditation to remove turbid/stagnant qi replacing it with clear fresh qi...energy & information. This particular form of Taoist meditation guides us in the removal of emotional & energetic charges that lead to imbalances, emotional challenges and illness.

In this class you will learn to access your innate intelligence and ability to heal.



Healing Buddha Palms Qigong - Sat. Oct. 19 / 9:00 - 1:00 / \$75.

Is a Taoist practice that is a powerful tool for healers & practitioners to build and conserve their own Qi. This practice stimulates our 12 internal organs & meridians, the 8 Extraordinary Channels our reservoirs of Qi. This class aids anyone who works closely with others to avoid Qi exhaustion by strengthening the energetic body and clearing all client Qi at the end of sessions. You will also learn how to seal your energetic field after sessions/interactions



Balls, Balls, Balls... David & Vanessa Goldeen / Sat. May 25 / 9:00 - 1:00 / \$100.

This fun and informative & interactive class will introduce you to the many variety of therapeutic balls as self treatment tools. Improve flexibility, balance and reduce the pain of restrictions in the fascia system. You will experience working with a variety of therapy balls ranging in sizes of 1.5 inches to 30", personalized suggestions for self treatment options based on your needs and FUN!

Learn more about the Goldeen's, The Awaken & Evolve Learning Center or register for classes, using the QR codes below!



Rental
Info



Goldeen
MFR



Bridge to
Health



Classes
Info

The Awaken & Evolve Learning Center @ 7610 East McDonald Dr., Suite K

Is available for rent by the 1/2 day or whole day for events, classes, meetings & discussion/support groups and practitioners looking a quite location!

See the webpage or connect with David @ 480 -787-1897