

Blossom in the Spring



A Seasonal Workshop
Way of Joy Chi Kung™
with
Vicki Dello Joio

Awaken

from the stillness of winter

into the tumultuous emergence of new life!

Spring is a time of emergenc-y, when seeds of the self, your dreams that have been gestating through the winter, come forth, blossom, and become manifest in unexpected and potent ways. Like pale seedlings pushing through the winter-hardened earth, new aspects of who we are burst forth from below the surface, breaking apart resistance, to be birthed into the light of day. Insistent and tenacious, our life force springs into action.

Associated with the element of Wood in Taoist medicine, Spring is the season to nourish and support the liver. Blossom in the Spring is a seasonal Chi Kung form that tranquilizes the liver, providing serenity and calm during this galvanizing season. This practice will **nourish your creative life force, unleash momentum as you calm your spirit, and transform resistance into fuel for growth.**

Open to new and experienced students

Sunday, April 18, 1:00 to 4:45 pm, \$85

Early Bird Special: \$75, pay in full by April 2

Pre-registration required - sliding scale available

For location and details, contact:

vicki@wayofjoy.com or call: (510) 654-3762



Vicki Dello Joio, author of *The Way of Joy*, is a teacher, speaker and performing artist. Integrating her 40 years of Chi Kung practice with other martial arts as well as her work in Yoga, Feldenkreis, physical fitness and theater, Vicki has developed a dynamic set of tools to increase awareness, transform obstacles into opportunities and enhance creative potential.

Way of Joy Chi Kung: *An integrative system using a wide variety of methods of experiential learning to enhance and direct energy in our daily lives.*



A Joy Investment Project
www.wayofjoy.com