

Mindfulness & Qigong for Employee Wellness



Learn techniques to reduce stress, improve resilience, prevent burn-out and enhance quality of patient care

An ongoing, drop-in class 2x per month -- For staff of our SRCH community

What's Involved?

Wisdom Healing Qigong (chee-gung) is an ancient system of gentle movement, sound, visualization and meditation that increases the mind-body connection and the capacity for self-awareness and presence, bringing self-compassion, deep relaxation, and renewed vitality and joy.

Led By:

Ilka de Gast, PsyD
Psychologist & Wisdom Healing Qigong Instructor Level 2

With guest presenter - Edmee Danan, MD
Psychiatrist & Meditation Practice Leader

Schedule:

2nd & 4th Thursday of month
Starting on February 28, 2019
6:30 - 7:30 pm

Dutton Campus
1300 N. Dutton Ave,
Santa Rosa, CA

RSVP:

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