



**The Center for Kinesthetic Education**

[www.WellnessCKE.net](http://www.WellnessCKE.net)

Martha Eddy, CMA, Ed.D. Director

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## Moving Meridians

Sunday, June 11, 2006

1pm - 6:30 pm

Receive a concise overview of Chinese meridian theory and the Qi movement in our bodies. Experience the meridians through physical movements that will help you to remember them. We'll learn Qigong exercises and meridian stretches, as well as hands-on techniques from Asian Bodywork Therapy to balance the meridians.

Cost: \$165

Teacher: Debra C. Howard

AOBTA(R)-certified Instructor, Dipl. ABT (NCCAOM), LMT has been studying, practicing, and teaching Chinese medicine theory and ABT since 1992. Debra lives in the New Orleans area and is the current president of the American Organization for Bodywork Therapies of Asia (AOBTA®). Her guiding philosophy is 'keep it simple, keep it clear, keep it fun!'

Location: Movements Afoot/CKE

151 West 30th St (between 6th and 7th avenue)

2<sup>nd</sup> floor Room 205

New York NY 10001

Class is limited to 18 people so register soon!

Send a check to above address

Or Call 212-904-1399 to reserve a space

Or register online at [www.MovementsAfoot.com](http://www.MovementsAfoot.com)

Major Credit Cards accepted.