

HEALING IN THE HEART OF THE BERKSHIRES - Barry Strugatz, Ken Van Sickle, Paul Desan at WQTD; 36 Day Junfeng Li Retreat

Eastover Estate & Eco-Village - an oasis of nature, music, art, & fine food, classes by some of the best teachers in taichi, yoga, qigong, minutes to Tanglewood

LENOX, MA, UNITED STATES, April 12, 2018 /EINPresswire.com/ -- If you are looking for a fun, relaxing, and “healing” vacation this year, either in spring, summer, or fall, look no further than the [Eastover Estate & Eco-Village](#).

In the heart of the Berkshires - an oasis of nature, music, art, and fine food, is this holistic retreat venue offering classes from some of the best teachers in taichi, yoga, qigong, and many other healing arts. The Eastover Estate and Eco-Village is a newly created home for many world renowned teachers and healers that are eager to share their practices with the world in hopes of reducing the enduring effects of stress, pain, and depression.



Totally renovated nostalgic Berkshire Summer Cottage

“

In this world, there is nothing softer or thinner than water. But to compel the hard and unyielding, it has no equal. That the weak overcomes the strong, that the hard gives way to the gentle.”

*Yet no one asks accordingly -
Lao Tzu*

from depression.

Some of Eastover’s most highly anticipated 2018 events include:

[World Taichi and Qigong Day Celebration, April 28th](#) – An exciting day of free classes, mini workshops and demonstrations with recognized leaders and masters in Qigong and Taichi like Junfeng Li, Jianye Jiang, Bill Wrenn, Alexia Rees, David Haines; as well as lectures and Q&A conducted by psychiatry professionals like Yale University’s Paul H. Desan, MD, on Positive Psychology, Education and the practice of Qigong/Taichi for adults and teens suffering

In addition, there will be a talk and video presentation of the documentary film *The Professor: Tai Chi’s Journey West*. It tells the story of Master Cheng-Man Ching.

Presented by filmmakers Barry Strugatz and Ken Van Sickle. Director/Producer/Screenwriter, Barry Strugatz film credits include *Married to the Mob*, *She-Devil*, *From Other Worlds*, and most recently, *Furlough*, with Whoopi Goldberg and Anna Paquin. Cinematographer/Producer Ken Van Sickle, a senior student of Master Cheng-Man Ching, film credits include *Marjoe* (Academy Award), *Hester*

Street, Close Harmony (Academy Award) and Between The Lines.

Sheng Zhen Meditation & Healing Workshops with Master Li Junfeng - Timeless wisdom that guides us to the way (dao) of life. Eastover takes the wisdom to New York:

Friday, May 4, 7-9pm, Tibet House, 22 W. 15th Street, 2nd Floor

Saturday, May 5, 9am-5:30pm, St. James Episcopal Church, 8407 Broadway, Elmhurst, NY

Sunday, May 6, 10am-5pm, Sitan Taichi & Martial Arts, 227 Michael Dr., Syosset, NY

Monday, May 7, evening, Private Session at The Assemblage, NY

Tuesday, May 8, noon, Private Session in New York city.

Tuesday, May 8, 6:30-8:30pm, Barefoot Living Arts, 85 Mill Plain RD. Fairfield, CT 06824

Up coming spring events at Eastover Estate and Eco-Village in Lenox, MA:

Sheng Zhen Meditation and Advanced Healing Practice with Master Li Junfeng – the sacred truth of unconditional love and the key to opening the heart – Eastover, May 9-13. TCM Continuing Education credits apply.

Bar Gua Zhang with Fukui Yang and Rick Barrett - May 11 - 13th

The Healing Forces of Harmonic Sounds and Vibrations using Qigong with Jay Emmanuel June 7 - 10th

Universal Healing Tao with Master Mantak Chia – Week-long retreats on well being, spirituality, longevity and sexual cultivation - June 12-28

“Consciousness Unbound” Book Salon with Michael Grosso June 22 - 24

Sat Nam Kundalini Yoga Festival - An opportunity to immerse oneself in the joy, challenge and rejuvenation of Kundalini yoga, sacred chant, healing and creativity - August 8-12



Master Junfeng Li Shares Sheng Zhen Qigong at Harvard University



Mantak Chia - Sexual Energy and Health

Junfeng Li Professional Sheng Zhen Healing Meditation Training for professionals September 28 - 30th

36 Day Meditation and Healing Retreat with Master Li Junfeng – Transformative daily Qi cultivation through Sheng Zhen forms, movement, stillness and meditation for self-healing and awakening the energy body connection with the universal body of love. In-depth explorations on development of healing Qi for the benefit of one and all - October 14 - November 19th.

Eastover hosts many other amazing workshops, symposiums, events, and weekly classes that are cataloged on our website - eastover.com.

Eastover Estate & Eco Village was founded in 2010 on historic grounds with more than 600 acres of lush New England farmland. With 230 beds, a health-centered kitchen, heated pool/sauna, massage services, a macrobiotic cooking school and several workshop facilities, it is the ideal holistic getaway. As an oasis for many generations to take refuge in, Eastover management believes in the practice of eco-responsibility/sustainability.

If you have always wanted to experience the many cultural attractions in the Berkshires while also rejuvenating your body and mind, then why not give Eastover a call at -866-264-5139 or visit us online - eastover.com.

Find us on FB/Instagram/Twitter

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This press release can be viewed online at: <http://www.einpresswire.com>

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