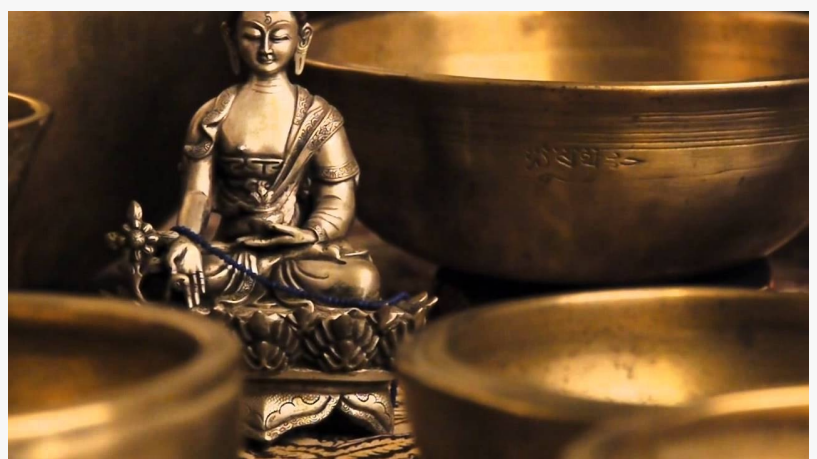


This Summer at Eastover: Alchemy, Phoenixes, Healing Sounds & The Ancient Temple of the Yellow Dragon!

Eastover's New Line-up is Entirely Holistic & About Wellness with a Mystical Touch

LENOX, MASSACHUSETTS, UNITED STATES, June 22, 2018

/EINPresswire.com/ -- Eastover's line-up of events are entirely holistic and about wellness with a "mystical" touch in which leaders in the fields of Martial Arts, Macrobiotic Cooking, Kundalini Yoga and Sound Healing share their particular path to a healthy and well-lived life:



Spiritual Sound Healing

Flying Phoenix Qigong with Master Terry Dunn – June 28-July 1

A rare and extraordinarily powerful medical Qigong system created more than 400 years ago by renowned Taoist monk Feng Dao Deh of Ehrmeishan. It is a complete Taoist monastic system comprised of standing, seated, stationary and moving postures that impart a wide range of salient

health benefits with remarkable swiftness: increased respiratory power, improved circulation and metabolism, higher energy levels, improved neuro-muscular function and balance, peak immunity, increased bone strength, and the allostatic reversal of many signs of aging.

“

When you don't go within, you go without.”

Yogi Bajhan

Terence Dunn is an expert instructor of Chinese martial, yogic, and healing arts with more than 40 years of training. Since 1990, he has popularized Tai Chi Chuan throughout America and Europe with his highly acclaimed Tai Chi for Health and Chi Kung for Health DVD programs. Educated at Yale College and the Harvard, he wrote the first medical protocol in American medical history applying therapeutic Tai Chi and Qigong exercises to accelerate recovery from major surgeries. In 2000, Terry became the first Tai Chi trainer in the NBA, training the Los Angeles Lakers during their second championship season.

<http://www.eastover.com/workshop/master-terence-dunns-flying-phoenix-qigong-ii.html>

Taichi Alchemy: Yang Cheng Fu's 13 Original Postures with Rick Barrett – July 20-22

The “internal” martial arts are distinct in that they derive power from the conscious control of one's subjective state of being, and from the use of jin (internal strength) - this as opposed to the more common use of muscular force/exertion. In Taichi Alchemy, Rick Barrett will show participants how to access this jin from the very beginning, and to successfully inculcate it into each movement of a taijiquan form. Included in this weekend:

- The Three Pillars. How to access a rooted, coherent, whole-body energetic connection instantly - even under duress; essential for any internal practice.
- How to access Super Conscious awareness.

Rick Barrett is the founder of Taichi Alchemy and has published two books, Taijiquan: Through the Western Gate and Finding You in a World of It. His investigations into the martial side of taijiquan led to several national championships in taichi Push Hands and to develop what he calls “Love-based Martial Arts” - in which he demonstrates clearly, how the martial artist is empowered by love, and hindered by fear and anger. His two primary teachers are Master Fukui Yang, and Grandmaster William C.C. Chen.

<http://www.eastover.com/workshop/taichi-alchemy.html>

Tao Tan Pai Qigong with Master Terry Dunn - July 26-29

Tao Tan Pai 31 Postures/Meditations is the basic health and self-healing Qigong training of the Tao Tan Pai Kung Fu system - an authentic Taoist monastic system originated during China’s Tang Dynasty and attributed to Lu Deng Bin, the leader of the Eight Taoist Immortals (saints), preserved for 23 generations -mostly at the Ancient Temple of the Yellow Dragon near Mt. Luohu. Tan Pai Qigong traditionally has been the secret engine that develops the natural body mechanics and tangible superabundance of energy that empowers Tao Tan Pai Kung Fu. It is considered an ideal complement to any athletic activity.

<http://www.eastover.com/workshop/tao-tan-pai-with-master-terry-dunn.html>



The Path



Macrobiotic Cooking & Philosophy

See instructor credentials above, under Flying Phoenix Qigong.

The 2018 Macrobiotic Summer Conference - July 29-Aug. 04

The 2018 Macrobiotic Summer Conference will feature over 25 leading macrobiotic teachers, counselors, and chefs including Cathy Albanese, Sheri Demaris, Christian Elwell, Edward Esko, Naomi Ichikawa Esko, Alice Fava, Masumi Goldman, Virginia Harper, Alex Jack, Sachi Kato, Judy and Larry MacKenney, David and Nicola McCarthy, Amber Maisano, Tom Monte, Christina Pirello, Evan Root, Jane and Lino Stanchich, Denny and Susan Waxman, Sommer White, M.D, and Bettina Zumdick.

Over 50 presentations will be held on topics like Macrobiotic Cooking & Philosophy, Energy Healing, Visual Diagnosis, Nine Star Ki, Shiatsu, and more. Event culminates with Gala fundraising dinner for macrobiotic education on August 3rd with Head Chef Patrick Verre, an executive chef from France who served as Michio Kushi's personal culinary ambassador and who's cooked for Windows on the World, La Gaulosie, and the Ritz-Carlton. <http://www.eastover.com/workshop/macrobiotic-summer-conference-2018.html>

Sat Nam Fest Berkshires 2018: Kundalini Yoga & Music Festival - Aug. 8-12

An opportunity to immerse oneself in the challenge and rejuvenation of Kundalini Yoga, in sacred chant, and creativity. Live music is the core of the festival experience, with many artists being renowned in spiritual kirtan. The benefits of mantra chanting are extolled: increased intuition, self-esteem, wellbeing, depression, anxiety, tension and stress relief. The timelessness of spirit is embraced and aging is seen as a graceful process.

<http://www.eastover.com/workshop/sat-nam-fest-east-kundalini-yoga-music-festival-2018.html>

The Healing Forces of Harmonic Sounds & Vibrations w/Qigong - Jay Emmanuel, A.K., N.S.,V.M. – Aug. 16-19

Magnetic-Harmonic Vibrational Therapist, Jay Emmanuel, A.K., N.S.,V.M., shares powerful energy techniques using the forces of sounds produced by the human voice in combination with Himalayan and Crystal Singing Bowls. Jay calls this technique "Magnetic Harmonic Vibrational Therapy" and in his practice utilizes sound/frequency vibrations, Parthonic Energy and Mind Energy-in-Action to re-establish the proper harmonic tones within the subtle energy fields of the body: the Chakras, the Etheric body and the Auric energy field. In this workshop-retreat he will demonstrate how Qigong plays a role in this process of stimulating what he calls our "inner pharmacy" - a powerful source we all possess.

Jay Emmanuel is an Applied Kinesiologist, Vibrational Medicine Therapist, and a Reiki Practitioner who utilizes Homeopathy, Ayurvedic Herbs, Ancestral Herb Therapies from the Andes, Organic Nutrition, Bio-Magnetic Therapies and Vibrational Medicine Quantum Technology in his practice. He is also a writer - The Healing Forces of Harmonic Sounds & Vibrations (available on Amazon - <https://www.amazon.com/Healing-Forces-Harmonic-Sounds-Vibrations/dp/B00NQFJFZC>) and singer with a powerful melodic vocal range, acclaimed in the area of New Age Healing Music. <http://www.eastover.com/workshop/healing-forces-harmonic-sounds-vibrations-qigong-jay-emmanuel.html>

Eastover.com - 866 264 5139

Yingxing Wang
Eastover Estate & Eco Village of Lenox, MA
866 264 5139

email us here

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