



# Expanding Our Worship Experience

Sponsored by the Spirituality Group

St. John's Episcopal Church, Huntington, NY

All Programs Rain (inside) or Shine (outside)



People in faith traditions across our world express their prayers in many different ways, all sending forth an abundance of love, courage, and healing.

- Qi Gong is a self-care exercise that cultivates awareness of self, environment, and the everlasting harmony between the two. Flowing balanced movements reflect the natural world and synchronize our energy system, enlivening all aspects of our being.



- Shamanic Drum Meditation seeks to integrate and heal the physical, mental, emotional, and spiritual parts of the human self, creating a state of well-being.



- Prayer Ties are often used by various native peoples as offerings of prayers, intentions, and gratitude, tying them to trees or leaving them in sacred places. All who come in contact with the prayer ties are blessed by the intentions and prayers.



## Immerse yourself in Peace and Healing

July 23, 1-3 p.m.

Qi Gong and Drumming Circle (bring frame drum if you have)  
in the Garden of Blessings St. John's, Main Street, Huntington

August 27, 1-3 p.m.

Qi Gong and Healing Drum Meditation  
in the Garden of Blessings St. John's, Main Street, Huntington

September 18, 1-3 p.m.

Qi Gong and Native Prayer Tie Workshop  
and PICNIC at Centerport Beach!!!

## Our Guides:

Leslie Martin: NYS-LMT, Certified Amma Therapist. After 18 years as Associate Professor of Amma Therapy, European Bodywork, and Wholistic Lifestyle at NY College of Health Professions, I now share all I can with you. All credit for a 39-year longevity in Bodywork and Amma Therapy is given to Tao Qi Gong practices.

Dr. Ric Statler: Native American Drummer Ric Statler has Native American bloodline and over 35 years' experience in spiritual healing practices. He has mentored under elder drummers, medicine men, & even one of the 13 Grandmothers. Dr. Ric Statler has integrated traditional and spiritual healing principles in working with his patients and others. He is a certified drum circle facilitator and has led drum and fire circles as well as playing drums in Kirtan gatherings.

## Free Will Offering to support the Mission Trip to Arizona – October 2022

A Listen, Learn and Love Outreach to understand and elevate the experience of migrant and marginalized peoples.