

# Elemental Alchemy



## ❧ A SEASONAL JOURNEY WITH THE 5-ELEMENTS ❧

### Monthly Gatherings

Inspired by the balance of the natural world while drawing from the wisdom of ancient traditions including western medicine, Chinese medicine, Anthroposophy & Ayurveda we can reclaim our ability to live healthy, balanced, sustainable lives.

Available online as a pre-recorded program or live on Zoom.  
Class only for \$30. or upgrade to include plant medicine for the month.

🌿 HEALING YOURSELF AND YOUR WORLD 🌿

## Stillwater Clinic & Apothecary

[WWW.STILLWATERCLINICANDAPOTHECARY.COM](http://WWW.STILLWATERCLINICANDAPOTHECARY.COM)

418 HIGH ST. LYONS, CO

303-823-WELL (9355)

# HEALING YOURSELF AND YOUR WORLD

- Do you wish for a better understanding of your body and it's messages?
- Are you struggling to keep a positive lens on the future of humanity?
- Would you like an accessible guide map for navigating life's challenges?

## **ELEMENTAL ALCHEMY: A SEASONAL JOURNEY WITH THE 5-ELEMENTS**

1/29 - Yang Water. Bladder; Being in flow, hormones, fertility & surrender. Medicine to rest into...

2/26 - Yin Wood. Liver; Detoxification, cleansing & manifestation. Medicine for our future...

3/18 - Yang Wood. Gallbladder; ability to stand for something. Medicine to fuel the change...

4/22 - Yin Imperial Fire. Heart, circulation & purpose. Medicine to love and be a good human...

5/20 - Yang Imperial Fire. Small Intestine; Who am I? Our path & our passion. Medicine to know our limits, our allies and our sacrifice...

6/24 - Yin Ministerial Fire. Pericardium; Boundaries, connection & intimacy. Medicine to share with, protect and fuel your love...

7/29 - Yang Ministerial Fire. Triple Warmer; love & sex, openness/willingness. Medicine to foster regeneration...

8/19 - Yin Earth. Spleen; Nourish & integrate. Trauma resolution. Medicine to motivate you...

9/16 - Yang Earth. Stomach; Routine, desire, contentment. What is enough? Medicine to provoke your appetite and harness your dragons...

10/21 - Yin Metal. Lung; Receiving the pure essence, Spirit connection & grief. Medicine to stay inspired...

11/18 - Yang Metal. Large Intestine; Releasing, cutting the shit out of life. Medicine for modern times...

12/16- Yin Water. Kidneys; Life energy/jing, Anxiety and fear. Medicine to heal your lineage...

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