

SIGNCHIDO™ Workshop Outline for Healthcare professionals

Objectives:

1. Fulfill the basic need for personal development focusing on mind, body and spirit.
2. Literally make the words, affirmations and blessings included in the **SIGNCHIDO™** curriculum come alive in movement.
3. Ignite a spiritual awareness within oneself and be able to extend it to others including co-workers and patients.
4. Integrate the principles of signchido™ into mainstream medical practice including treatment of heart disease, diabetes, fibromyalgia, depression, cancer, stress/anxiety and more.
5. Learn how to correlate the **SIGNCHIDO™** principles and movement patterns as they relate to various systems of the body.

Description:

The **SIGNCHIDO™** program was developed as a spiritually-based program as reflected by its name. ‘Sign’ for sign language gesture, ‘Chi’ is inner energy and ‘Do’ means the way. Also, Anne is a D.O. (Doctor of Osteopathic Medicine).

Dr. Anne Borik integrates her medical knowledge by focusing on different medical conditions. She intends to place this program in the hearts and hands of nurses, chaplains, physicians and others in order to bring a sense of healing and awareness to the mind, body and spirit.