

CHUNHWA:
becoming heaven

侏 侏

“By knowing that there is a pure, precious soul within me, and by living a life encouraging that soul to grow, I finally become one with the heaven, the divinity, within me. The soul within a person growing to become one with the divine—this beautiful transformation we call Chunhwa.”

*from Calligraphic Meditation
for Everyday Happiness
by Ilchi Lee*

CHUN HWA
TO BE ONE WITH HEAVEN



Compassionate
Transformation

CHUN HWA, LLC

CRISPIN SARGENT

CRISPIN@CHUNHWAENERGY.COM

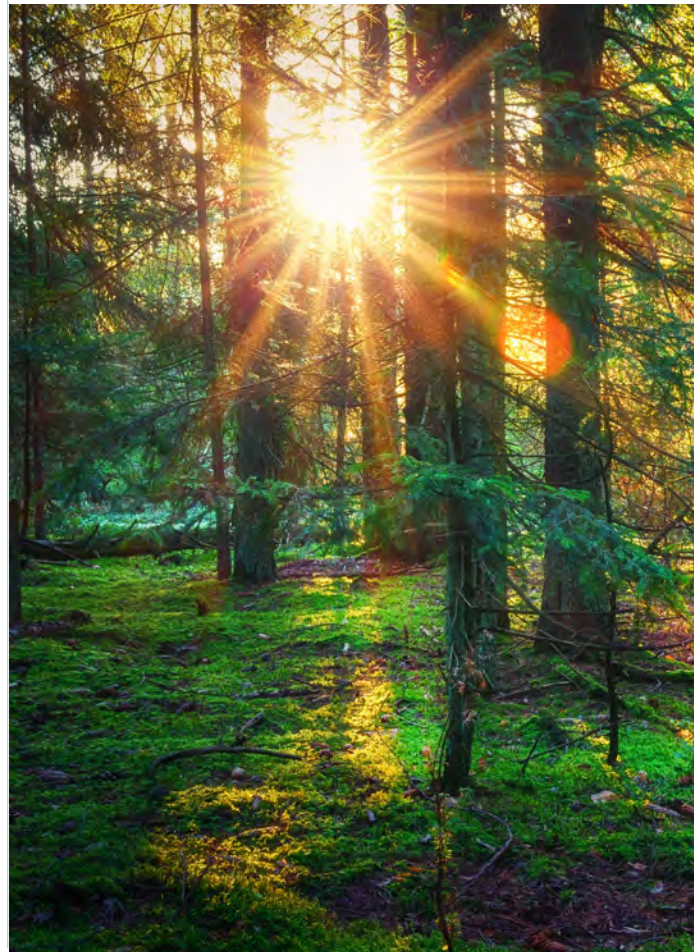
(303) 588-6350

CHUNHWAENERGY.COM

道光

DOH GWANG:

guiding light



CHUN HWA

TO BE ONE WITH HEAVEN



Compassionate
Transformation

Compassionate Transformation

Your guide through the ups & downs of life.

GRIEVING & HEALING

Support through movement, mindfulness & energy.

- INDIVIDUAL SESSIONS
- GROUP CLASSES
- WORKSHOPS
- PROFESSIONAL IN-SERVICE



ABOUT CRISPIN SARGENT

Crispin Sargent – or Doh Gwang – has been using Body & Brain practice for over 17 years. A Dahn Master, she has taught classes for 15 years. She is also a Reiki Master, certified Grief Yoga® Instructor, and has training as an end-of-life doula.



Dedicated to guiding people through life transitions, Crispin can help you discover your purpose and find peace.

DOH GWANG: GUIDING LIGHT

My soul name, Doh Gwang, means "guiding light" in Korean. How am I a guide—a light—for others?

My background, expertise, and community allow me to be a resource for seekers of healing and help now through the end of life.

END-OF-LIFE PROFESSIONAL EXPERIENCE:

- Advance Care Planning
- Geriatric Care Manager
- Entitlement Specialist
- Professional Fiduciary
- Power of Attorney
- End-of-Life Doula

HEALING & HELPING EXPERIENCE:

- Yoga, Meditation, Breath Work
- Grief Yoga® Instructor
- Body & Brain Yoga Practitioner
- Reiki Master
- Hospice Volunteer
- Community Volunteer

BENEFITS

MIND

Through mind, body, and breath, become present to the truth about your losses.

Flow into this moment.

BODY

Observe your body where you hold pain.

Channel emotions held in the body & mind and release through sound and movement through breath and body.

SPIRIT

Surrender to calm down and let go to bring peace.

Accept that the loss has happened and find meaning for a deeper purpose.



"Transformation" | 2005 SCULPTURE MADE FOR CRISPIN BY HER BROTHER, RIK SARGENT