

AN INTRODUCTION TO MEDICAL QIGONG

Awakening



THE HEALER

within

Have you ever wondered what Qigong is? How it works, and how it could be of benefit to you? Do you need more energy or want to improve your health?

THEN THIS IS A WORKSHOP YOU SHOULD NOT MISS!!!

What is Qigong?

Qigong is a powerful system of healing and energy medicine from China. It uses breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate the life energy or Qi in the body to promote better health, vitality and a tranquil state of mind.

The body has an energy field that is composed of energetic lines referred to as meridians and channels. Energetic blockages in these channels cause imbalances in the energy field, which can lead to dis-ease. Qigong offers a safe and effective way to rid the body of toxic pathogens and years of painful emotions that otherwise can cause mental and physical illness.

What will you learn from this course?

- What Qi is and how it manifests in the body.
- How energy blockages are created in the body and how to remove them.
- Emotions and their connection to the health of the body.
- The 5 elements and the 5 yin organs.
- A powerful Qigong exercise to bring awareness back into the tissues of the body to restore the proper flow of Qi creating a state of balance in the body.

Musetta Vander received her Master of Medical Qigong from the International Institute of Medical Qigong and is certified in Chinese Medical Qigong Therapy and Chinese Clinical Oncology from the Healing Qi Institute in Los Angeles. She incorporates practical experience, and knowledge of Eastern and Western spiritual energetic principles into her classes, making Qigong easy to understand and accessible to all. For additional info please visit: www.swimmingtigerqi.com

**With: Musetta Vander When: Saturday July 10, 2010 Where: Gatecon
Sheraton Wall Center, Vancouver, Canada Time: 4.30pm - 6.30pm Cost: \$35**

Experience the miracle of natural healing.