

New Year & New Beginnings with Qigong! January 28/29, 2012 With Master Liu He

Kick off the Year of the Dragon with this life-changing workshop! The New Year brings new intentions and perspectives; we invite you back to yourself through this workshop to reinforce your healthy life style choices and habits. This workshop will bring new vision to your life.

One Thousand Eyes Qigong: To support your new vision of a healthy lifestyle, this form, based on the Three Secrets - Body Secrets, Language Secrets, and Mind/Concentration Secrets - may be practiced alone or combined with One Thousand Hands Buddha. Working with the Three Secrets you allow the opening of your 84,000 pores – your Buddha eyes – to universal awareness, just as you would open your eyes to see the world around you. You will also be introduced to, **Taoist Nutritional Theory:** Food is a daily link to nature and a deeper meaning can be found beyond calories and nutritional properties. You will discover great value in your foods when applying Taoist medical theory for healing, building qi and supporting your organ systems. Foods carry their own essence and provide healing. To truly nourish yourself with foods, there are appropriate foods to eat seasonally and appropriate ways of cooking. When eating in this manner, we harmonize the foods and highlight their essence, thus providing ease of digestion and absorption.



- ❖ **Time:**
Saturday, (1:30pm-6pm)
Sunday, (9am-3:30pm)
- Place:** Seattle
- ❖ **Cost:**
\$210 - early registration by 12/28/2011
\$250 after



Master Liu He began learning Qigong at an early age, studying with her grandfather, a prominent healer and Qigong Master. She began teaching Qigong during her teenage years, and has participated as Qigong Master in several international Qigong and Chinese Medicine Congresses. Since leaving China in 1989, she co-founded two schools of Qigong in France and the U.S., and taught Qigong extensively in Europe and the United States. In addition to being one of the primary instructors for the Ling Gui School, she teaches at the Oregon College of Oriental Medicine. Her area of expertise is Qigong for women.

REGISTRATION INFORMATION

To register for the New Year & New Beginnings workshop, please send a check for the cost of the workshop with this form to **Ling Gui International Healing Qigong School** at 1631 NE Broadway #409, Portland, Oregon 97232-1425. All fees, once paid are non-refundable.

Name: _____
Address: _____
Telephone: _____
E-mail: _____

For more information, visit our website www.linggui.org or contact the school via email info@linggui.org or phone 503-380-5814 or 206-817-4117.

Whereas when Qigong is properly practiced, it is extremely beneficial and presents minimal risk to one's health, please consult your physician if you are in doubt of your capabilities or have special health concerns.