



Internal Alchemy for Women

December 3-4, 2011

Portland

As the winter months bring cold and darkness, it is the time for us to make a fire in our homes to bring warmth and light. Our bodies also require an internal flame to ignite the spirit, the organ systems and keep us warm. **Nudan** (Internal Alchemy for Women) practice provides this igniting and helps stabilize emotions. For younger women, Nudan provides a way to conserve energy while it is still strong. For older women, Nudan provides a means to restore and rejuvenate their energy from the damages received in daily life. These practices empower each woman by connecting themselves to their true nature and live a life of abundance, gratitude and harmony.

- ❖ **Time:**
Saturday, (1:30pm-6pm)
Sunday, (9am-3:30pm)

Place:
Cherry Wood Village
1417 SE 107th Avenue
Portland, OR 97216

- ❖ **Cost:** early registration by November 3
\$195 or \$225 after
- ❖ As space is limited, early registration is suggested.



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 Internal Alchemy for Women 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.