

SUMMER RETREAT REGISTRATION FORM

- Weekend Workshop Name/Date: _____
 Summer Retreat – Healing Qigong Program \$475

To register for a workshop/retreat, 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. All fees, once paid are non-refundable.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone/Email: _____

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Summer Retreat July 16-20, 2008

Please join us for the Ling Gui Qigong School's Annual Summer Retreat. Once again, this year's summer retreat will be held in the relaxing and beautiful Still Meadow Community in Clackamas, Oregon. In addition to a wonderfully inspiring teaching room, there are trails on the property, a wood-fired sauna, and swimming in the nearby Clackamas River. For the adventurous, there are beautiful hikes available about an hour up the road.

This year's retreat will focus on *Yuan Shen Qigong* (a form for self-healing and repairing of your prenatal qi).

Yuan Shen Qigong is the Blue Mountain monastery's (located in Si Chuan province's) principle qigong practice for their Monks. This powerful method particularly helps you activate your kidney's five prenatal qi to nourish your internal organs, bringing abundant qi to your body and activating the Lao Gong acupoint in your hands.

The five prenatal qi are:

- Prenatal jing (essence) allows you to break open the Du Mai channel, so the Jing may flow back to the ocean of marrow (brain) for nourishment.
- Prenatal yang qi warms up your spleen and stomach.
- Prenatal yin qi nourishes your heart.
- Prenatal liquid/fluid in the kidneys purifies your liver.
- Prenatal qi develops lungs function.

With this qigong practice, all the internal organs connect with each other providing a self-healing experience. This qigong especially helps with Alzheimer, insomnia, diabetes, and syndromes of menopause and life transitions.

Healing Qigong Program

This program is open to all students and all levels along with the featured *Yuan Shen Qigong* form, a *Full Moon Meditation* will be instructed.

Lodging and meals available on-site at an additional charge (price excludes transportation, lodging, or meals). CEU/PDA credits available.

For registration or additional information about any of our programs, please visit our website, www.linggui.org, contact us via phone, (503) 380-5814 or (206) 817-4117 or email us at info@linggui.org

