

QIGONG WORKSHOP



Marieta Darrah is a Level I and II Zhineng Qigong instructor who has received her certification from the founders and healers of the First Non-medicine hospital in China after completing years of training and hands-on practice in some of the most sacred mountains in China--Emei Shan and Qingchang Shan. She is among the very first 12 Qigong instructors certified to teach Sefl Awareness Hun Yuan Method by Master Feng Guangde, the co-founder of the First Non-medicine hostiptal. She has practiced Yoga since 1993 and Qigong since 2004.

PRICING AND CONTACT INFORMATION:

Level I Workshop

Saturday and Sunday
July 31-August 1, 2010

From 9 a.m. to 4 p.m.

Cost \$300 (written instructions included)

**Location: Tibetan Healing Center
4115 3rd Avenue
San Diego, 92103
Tel: 619-325-0992**

ONLY 4 SPACES LEFT

Learn the exercise method for self healing prescribed by the world's largest Non-medicien hospital in China. Join the thirteen million people world wide who practice to cure illness, improve mental clarity and feel great

Why practice Zhineng Qigong?

We are immersed in a living energy structure that is the universal ocean of Qi. In that sense we are all connected. The human body is pure energy and part of that universal energy. When our energy becomes stagnant or depleted, we experience illness. Practicing Qigong allows us to exchange energy with nature and correct the imbalances in our bodies.



This is a cost-effective way to take responsibility for our health. People who practice Zhineng Qigong regularly not only can prevent serious diseases but also recover from such. It is very effective in balancing of the hormones, improving joint health, healing arthritis, and normalizing blood pressure. It is one of the best treatments for reducing chronic pain and stress and recover from injuries.

The Creator of Zhineng Qigong,

Grandmaster Pang Ming, with degrees in both Chinese and Western medicine, founded the first medicine-free (energy healing based) hospital in Hebei Province in the early 90s. This center is well known for its very high rate (95%) in healing of as many as 180 different diseases over the years. Although the center currently is closed, most of the research on the

healing nature of Qi has been documented for future use.

Level I Workshop

This is a two-day weekend workshop that teaches the main exercise. Experience the immediate benefits of the Zhineng Qigong practice: deep relaxation, open and remove blocked energy that causes sickness in the body, recharge and strengthen your own Qi, and gain a higher level of awareness. Deep and correct practice of this technique alone offers all the results of the other exercises and levels of Zhineng Qigong. No previous experience or practice of Qigong is necessary for this workshop. All ages are welcome.



All participants will receive written instructions, charts, certificate, and a 100 day practice schedule after completing the 2-day workshop. Additionally, an audio CD can be purchased from the instructor.

The workshop is scheduled from 9 a.m. to 12 noon with one hour lunch break and from 1 p.m. to 4 p.m. We recommend wearing clothes that allow for stretching. Register now at the front desk.