

The Healing Arts of *Emei Qigong*

Learn a time-tested method for improving your physical, emotional and spiritual wellbeing.

Enjoy life to the fullest!



\$60 total Four-Day Level I Training | May 28 – 31 | Burlington, Vermont

Enhance physical vitality

- > Increase energy and strength
- > Improve mobility in hips, knees and ankles
- > Free up a stiff neck and tight shoulders
- > Release migraine-causing tension
- > Alleviate back pain
- > Help normalize blood pressure
- > Promote better blood sugar levels
- > Reduce gastrointestinal distress
- > Ease the effects of hormonal fluctuations
- > Bolster the health of the prostate
- > Strengthen the immune system
- > Moderate the impact of cancer, tumors and cysts
- > Rebalance the energy of the organs
- > Revitalize life-prolonging Jing essence

Reduce stress

- > Gain the ability to face life's uncertainties with ease
- > Dispel chronic anger
- > Relieve worry, anxiety and fear
- > Lift the weight of sorrow or grief
- > Calm an overly excitable nature
- > Free the mind from over-thinking

Expand spiritual understanding

- > Access the healing nature of Wuji qi
- > Eliminate illness at its source
- > Remove blocks that perpetuate old habits
- > Approach fame, power, money and love with ease
- > Change your karmic destiny
- > Initiate the development of latent abilities

Learn the fundamentals of true health

- > Heal yourself and help others heal
- > Learn easy-to-follow dietary guidelines
- > Practice three methods of deep breathing
- > Cleanse your drinking water of harmful qi
- > Prevent "healer's disease"
- > Follow six rules for effective healing
- > Harness the life-changing power of mind intention

What makes Emei Qigong distinctive?

- > The main movement form is easy to learn and extremely effective
- > Its unbroken lineage is a rarity among the major schools of energetic arts
- > The healer's energy is strengthened when using Emei techniques with clients
- > Graduated levels of training provide a well-defined path for continuing study



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Grandmaster Fu Wei Zhong, the 13th lineage holder of the Emei Qigong tradition, will teach this seminar assisted by selected teachers in training. The first two days of the Level I training focus on self-healing methods; techniques for assisting others are taught the second two days, along with an introduction to the philosophy of Emei Qigong.



Early registration is appreciated. Secure your place today!

Price: \$60 for all four days

To register or for more information: Call 802-233-6377, email emeiqigong123@gmail.com or visit www.EmeiQigongChan.com to register online; more information also available at www.EmeiQigong.us

Location: Quaker Meeting House
173 North Prospect Street, Burlington VT 05401

Emei Qigong Level II: Changing the Moving Program of Life, coming July 2-7

Class hours

9 a.m. to 5 p.m.
every day except Sunday;
Sunday, 9 a.m. to 4 p.m.

GROUP HEALING!

Sunday, May 29, 4 to 5 p.m.

Bring your friends and family – drop-ins welcome. \$30 each (not included in class fee).