

May 2-5, 2008
REJUVENATION RETREAT for WOMEN
PARKER, ARIZONA ON THE COLORADO RIVER



Linda Essex, Registered Nurse
Dashi Chu Kocica, Acupuncture Physician

***Transform Your Life with
Chinese Qigong & Food-based Healing!***



Imagine powerful self-healing methods guaranteed to reduce stress, while promoting health and vitality, creativity and inner peace

Envision balance and harmony in your life so that you can take care of others while truly fulfilling your own needs, and take an active role in healing the planet

Create vibrant health and reverse disease with readily available foods in a 3HP blender, successfully used by thousands world-wide

Celebrate empowerment and sisterhood in a private home on the Colorado River, with time to relax, laugh and share with like-minded women

QIGONG HEALING YOU WILL LEARN

QI GONG FORMS: Gentle movement to harmonize body and mind, increase vitality and optimize self-healing.

BREATH EMPOWERMENT: Create a flood of Qi to expand consciousness and clear energy blockages.

QI GONG WALKING: Gather "Qi" from Nature, while you walk.

WUJI STYLE QI GONG: A graceful, spontaneous "dance" with your own Qi.

TAOIST FULL BODY BREATHING: Five Element colors to revitalize the Yin organs.

NINE BREATH MEDITATION CIRCLE: Project healing and global peace to individuals, communities, humanity, and the planet.

Qigong! Food! Oxygen!



Dates & Times: Friday, May 2, 9.00 am to Monday, May 5, 5.00 pm

Place: Home of Linda Essex, 306 Riverfront Drive, Blue Water Lagoon, Parker, AZ 85344

Investment: \$949 includes workshop, meals & lodging; \$749 without lodging

Meals: Delicious, healthy gourmet meals including two food-healing smoothies per day.

Contact: Linda Essex, Tel: **928-445-0814**, Email: lindaessex@cablone.net or

Dashi Kocica, Cell: **305-776-0760**, Email: info@asianhealingarts.org

Registration: Non-refundable deposit of \$100 due by April 8. Payment in full due April 15.

\$50 discount if paid in full by April 8. Payment plans with prior arrangement. Call Dashi at

305-776-0760 to register with credit card, also on-line with PayPal. By mail: send check to

Dashi Kocica, 430 S. Dixie Highway, #211, Miami, FL 33146.

CEUS: 32 hours pending for Nursing, Massage Therapy, Acupuncture.

Visit: www.qigong.com for info on Supreme Science Qigong and Food-based Healing.

Visit: www.asianhealingarts.org to view Dashi's calendar of workshops and retreats at

home and abroad. Email info@asianhealingarts.org to receive her email calendar.

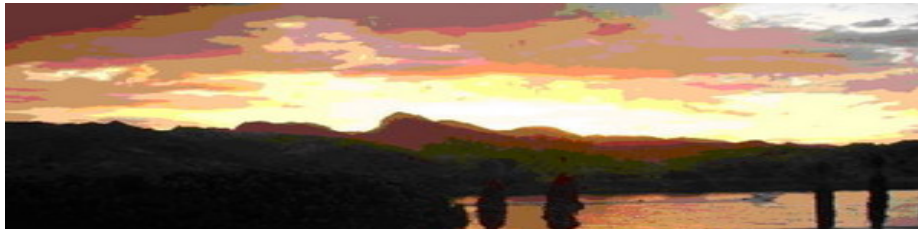
Airports: Nearest major airport- Phoenix International (PHX) (2h 30m by car to Parker)

and Las Vegas (2h 20m by car to Parker). **Road Directions:** Visit Mapquest [GO](#).

Home Accommodations: Shared rooms, 2-4 persons, first come basis. No additional overnight charges for Thursday or Monday night, if needed.

Hotel Accommodations: [Best Western Inn](#), Parker, AZ 85344. Tel: **928-669-6060**.

Mention Linda Essex to receive group rates \$67-74 per double occupancy (guaranteed to April 30).



Be the light you wish to see in the World!

Linda Essex, RN & Dashi Chu Kocica, Acupuncture Physician are Supreme Science Qigong Facilitators with over 30 years background in Integrative Healing Arts. They are passionate about sharing their knowledge and dedicated to assisting all persons on their journey to wholeness and spiritual fulfillment. Linda has a background in acute and non-acute health care and offers Healing Touch and Spiritual Counseling in her Prescott, AZ office. Dashi is the Educational Director of the Center for BioTherapeutics in Miami, and teaches workshops in Asian Healing Arts world-wide. She is a Certified Teacher of Wisdom (Zhineng) Qigong, Lian Gong, TriYoga®, and the St. Germaine Mystery School, and author of 8 DVDs on fitness and rejuvenation.