

**4 DAYS**  
**OF GROUP HEALING ENERGY**  
**THAT WILL TRANSFORM YOUR LIFE**

**Lose Weight**  
**Optimize Health**  
**Slow down aging**  
**Rejuvenate the Body**

**Vaporize Stress**  
**Increase Vitality**  
**Find Inner Peace**  
**Improve Memory**



**REJUVENATION RETREATS**  
**IN THE MOUNTAINS OF COSTA RICA**

*A tropical paradise nestled in the mountains of the Rio Sombrero Valley*

**SPANISH: July 19-22, 2008**

**ENGLISH: July 26-29, 2008**

**Day 1-2-3**

**Qigong Forms Level 1-2-3**

Attain vibrant health with moving Qigong, meditation and hands-on healing

**Breath Empowerment & Nine Breath Circle Meditation**

Generate a flood of Qi to open channels and purify the body. Raise consciousness to new levels using collective group energy and intent to project global healing & peace

**Food-Based Healing**

Learn how to reverse disease with proven methods used successfully by thousands, using readily available foods and a 3 horsepower blending

**Day 4**

**Instructor Training Part I**

Fine-tune your forms and sensitivity to Qi, leading to certification as a Qigong instructor. Final Instructor Training Part II and exam on August 3rd, 2008; \$55/40 students

**COST: 4 days \$165/115 student; 3 days \$110/75 student; 2 days \$90/65**  
**Nutritious Smoothie and Gourmet Vegetarian Lunch included daily**

Read the article "Qigong—The Art of Self-Healing"



**All events held at Orosi Mountain River Lodge (El Fuerte)**  
**6-day/5-night Retreat Packages Available (Go)**

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**For information about Supreme Science Qigong visit—** [www.Qigong.com](http://www.Qigong.com)

**You are invited by the Orosi Valley Chamber of Tourism, supporting Tourism for Health**