

Richard Royster Institute presents

September 21-25, 2013

5-day Bilingual Retreat in Odenwald, Germany

# FIVE ORGANS QIGONG

for Emotional Healing

Levels I & III of Wisdom (Zhineng) Qigong



with Dashi Chu Kocica

China-certified Zhineng Qigong Instructor

Don't miss this opportunity to experience the remarkable healing power of Qi, and practice the same methods that cured Dashi's partial hearing loss at the world's largest Qigong hospital in China in 1997. Rated the #1 medical Qigong system by the China Sports Bureau, Wisdom Qigong has a 95% overall effective rate in healing over 180 different diseases, including arthritis, cardio-vascular disease, diabetes, lupus and cancer.

Unlike western hospitals where patients are told to get plenty of rest, have surgery, take drugs or follow special diets, here the prescription for healing is "exercise, love and plenty of Qi." In China's "medicineless hospital," doctors and patients were replaced by teachers and "students," who are taking an active role in their recovery by learning powerful self-healing methods.

## **Level I: Healing in the Qi Field**

Together we will create a "group healing Qi field" to access Qi from the Universe for our individual and collective healing and practice **Lift Qi Up, Pour Qi Down**, the foundation form of Wisdom Qigong system for daily practice and healing any kind of illness.

## **Level III: Five Organs Qigong for Emotional Healing**

Rarely taught in the West, the third level of Wisdom Qigong utilizes Chinese Medicine Five Element Theory to promote internal health and balance emotions associated with the 5 Yin organs, the heart, spleen, lung, kidney and liver. Each of these organs play a key role in our health, and is associated with a particular emotion. The 5 Yin organ forms utilize precise movements, healing sounds, hand figures and visualizations to strengthen

and normalize function. At the same time they work on a profound level to heal and balance the emotions for spiritual transformation. The 13th and final form prepares the practitioner for the ultimate step: returning to the ONE beyond all duality, merging the individual Qi with the Universal Qi.

**Read Dashi's article on Wisdom Qigong first published in Dragons Tale, Issue 15, December 2006, United Kingdom.**

**English: [Healing in the Qi Field](#), German: [Heilen im Qi Feld](#)**



*Dashi Chu Kocica, is an Acupuncture Physician, specializing in Asian healing arts and rejuvenation. She has 40 years experience cross-training in Qigong, Taiji and yoga and is author of 8 DVDs on Qigong and self-healing. Dashi is a China-certified Instructor in Wisdom Qigong (aka /Zhineng or Chi-lel Qigong®), Supreme Science Qigong, Lian Gong, Taiji-Qigong ShiBaFa and TriYoga®,. For more information call 305-776-0760 or visit [www.asianhealingarts.org](http://www.asianhealingarts.org). Email [info@asianhealingarts.org](mailto:info@asianhealingarts.org) to receive her calendar of workshops and retreats at home and abroad.*

**LOCATION:** Grasellenbach, Odenwald (nearest airport, Frankfurt, with easy connections to Grasellenbach by train and bus, one hour by car from Frankfurt or Heidelberg)

**WORKSHOP COST:** €665 Euros. (Visit [www.xe.com](http://www.xe.com) for exchange rates)

**PREREQUISITES:** None.

**MATERIALS PROVIDED:** Outlines and Qigong articles by Dashi.

**DVDS AVAILABLE:** Level I- "Lift Qi Up, Pour Qi Down" DVD by Dashi (English or German), Level II- Body Mind Method DVD by Luke Chan (English), Level III- Five Organs Qigong DVD by Dashi (English).

**WORKSHOP REGISTRATION:** Contact Monika Weller in Germany 0049-2302-48110 (calling from US: 011-49-2302-48110)

**ACCOMODATIONS:** Lodging with full pension (3 full meals per day) at Hotel Die Dorflinde, plus full privileges to amenities at 4-star Hotel Siegfriedbrunnen. Hotel reservations should be made directly with Hotel Dorflinde, Landgasthof Dorflinde, Siegfriedstr. 14, 64689 Grasellenbach, Germany. Tel. 0049-06207-92290, [www.Landgasthof-dorflinde.de](http://www.Landgasthof-dorflinde.de), [info@landgasthof-dorflinde.de](mailto:info@landgasthof-dorflinde.de). Please mention Richard Royster Institute to receive special group rate discount: Single room with full pension (3 meals daily) per person: € 64; Double room with full pension per person: € 56; Daily fee for non-hotel guests (lunch and coffee break): € 15.50.

**CONTACT DASHI:** US Mobile: 001.305-776-0760. Email: [info@asianhealingarts.org](mailto:info@asianhealingarts.org); Website: [www.asianhealingarts.org](http://www.asianhealingarts.org).

## AMENITIES AT RING HOTEL SIEGFRIEDBRUNNEN/HOTEL DIE DORFLINDE

- Attractive single or double rooms with view private bath or shower
- Satellite TV and telephone
- Large breakfast buffet with fresh fruit, yoghurt, granola, cold cuts and cheese, jams, rolls, hard-boiled eggs, juice, tea or coffee
- Coffee breaks- coffee, tea, cake or cookies, mineral water
- Lunch & dinner buffet- 3 entrees (one vegetarian) plus soup, vegetables, large salad buffet, and two desserts
- Full access to all amenities at 4-star Hotel Siegfriedbrunnen (next door): Sauna with free champagne and orange juice, Solarium, indoor swimming pool, large outdoor seawater pool with sun-bathing, tennis courts, mini-golf , ping-pong
- Recreation: nature hikes and bird watching in Odenwald Forest (**UNESCO REGION**).

### Directions by car:

**Coming from the north**, take A5 towards Heppenheim from the Autobahn. In Heppenheim go direction Furth. In Furth follow signs to Grasellenbach.

**Coming from the south**, at the A5-Intersection in Weinheim, go direction Weinheim, then go direction Furth. Follow signs in Furth to Grasellenbach.

