

WISDOM QIGONG

(also known as Zhineng Qigong or Chi-Lel Qigong™)



March 14, 2013- Lecture: Qigong: The Art of Self-healing

March 16 & 17, 2013- Level I: Healing in the Qi Field

March 23 & 24, 2013- Level II: Rejuvenating the Body

Experience the remarkable healing results of Wisdom Qigong, rated the #1 medical Qigong in China. With a 95% success rate in healing over 180 diseases without medicines or special diets, Wisdom Qigong is an easy-to-learn, safe, and highly effective system for maintaining health, preventing and healing disease, promoting life-long health and spirituality.

LEVEL I: Find out what Qi is, and how you take charge of your health by practicing self-healing methods that combine gentle movement with powerful visualizations. Together we will create a “group healing Qi field,” and learn the 20-minute foundation form for daily practice, La Chi, Wall Squatting and the Guided Healing Meditation, plus techniques for self-healing and healing others.

LEVEL II: Learn a 30-minute total body workout that will keep you fit and pain-free, while promoting agility, stamina, coordination and overall health. The **Body Mind Method** consists of 10 short forms that deliver healing Qi into the joints, spine and soft tissues for optimum rejuvenation and self-healing.

LECTURE: Friday March 15, 2013 at 5.00 pm en PLAZA KALPATARU, Calle la Mascota No. 928 , SAN SALVADOR, EL SALVADOR, CENTROAMERICA. COST: \$5 US.

WORKSHOPS: TIME: Registration 9.00-9:30 am, Workshop 9:30-5:00 pm

PLACE: PLAZA KALPATARU

COST LEVELS I y II: \$200 US per Level; both Levels: \$350 US

PRE-REQUISITES: No prior experience required-students may take Level II without have taken Level I

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DVDS: for sale at workshop

DASHI CHU KOCICA, AP, is a licensed Acupuncture Physician and China-certified Qigong Instructor, specializing in Asian Healing Arts. She teaches and lectures on the healing benefits of Qigong, Taiji Chuan and yoga at home and abroad. She is author of over 12 DVDs and CDs on fitness and rejuvenation. Dashi is the Educational Director of the Center for BioTherapeutics in Miami. To see her articles on Qigong, calendar of events and international retreats and Wellness Store, please visit www.AsianHealingArts.org.