

Saturday, October 17, 2009
Wisdom Qigong*



***Dashi Chu Kocica, Acupuncture Physician
Asian Healing Arts***

For thousands of years Qigong (chi-gong) has been practiced to promote vitality and life-long health. It utilizes a series of slow, graceful movements, deep breathing and a calm mind to activate and circulate Qi (Life Energy) within the body, and to exchange Qi between Man and the Universe for optimum healing and spiritual evolution.

In this workshop you will experience the remarkable healing results of Wisdom Qigong, the #1 system of medical Qigong in China. Practiced in the world's largest Qigong hospital in China, Wisdom Qigong has successfully treated over 180 diseases- without drugs, surgery or special diets- just plenty of Qi, Love and daily exercise.

Together we will create a "group healing Qi Field" and learn the foundation form for daily practice, effective for health maintenance and healing any type of illness, plus a guided healing meditation.

**Also known as Chi-Lel® Qigong in USA and Zhineng Qigong in China*

Time: Saturday, October 17, 9 am - 4 pm

Place: Darren Buckner's Martial Arts, 529 Arthur Godfrey Road, Miami Beach, FL 33140.

Cost: \$79 pre-registration; \$99 at the door. CC accepted.

To Register: Call Joshua at 305-672-1350. Credit cards accepted

Contact Dashi: Cell 305-776-0760. Email: info@asianhealingarts.org

Suggested materials: Available at workshop: Wisdom Qigong Level I Practice DVD by Dashi Chu Kocica; Book & DVD- [101 Miracles of Natural Healing by Luke Chan.](#)

Websites: Visit www.asianhealingarts.org to read Dashi's story of self-healing at the world's largest Qigong hospital, plus radio interview and articles on Qigong.

Visit www.chilel.com to learn more about the methods.

Dashi Chu Kocica, A.P., is an Acupuncture Physician and China-certified Qigong Instructor specializing in Asian movement arts and Self-healing. She is a China-certified Qigong Instructor, Certified TriYoga® Instructor, and the only certified Lian Gong Trainer in the USA. Dashi teaches and lectures on the healing benefits of yoga, Taiji Chuan and Qigong at home, and abroad, and is the author of 8 videos. She is the Educational Director of the Center for BioTherapeutics in Miami.

Saturday, October 11, 2009, 11.00 am
FREE LECTURE/DEMONSTRATION ON QIGONG

and

Saturday, October 17, 2009, 9.00 am-4.00 pm
ONE DAY WORKSHOP ON WISDOM QIGONG



*with Dashi Chu Kocica, Acupuncture Physician
China-certified Qigong Instructor
Asian Healing Arts*

Learn:

What is Qi (chi)?
What are the origins of Qigong?
How does Qigong heal the body/mind?
How does Qigong differ from Martial Arts?

Learn Dashi's story of self-healing and
the remarkable healing results practiced
at the world's largest Qigong hospital in China

Benefits of the daily practice of Qigong:

Reduce stress
Eliminate pain and illness
Improve strength and agility
Enhance memory and intelligence
Promote vitality, life-long health
Merge with Nature and the Universe