

Qigong Healing Intensives

NORTH MIAMI: July 9-August 13, 2009

SOUTH MIAMI: July 11-August 15, 2009

~12 HOUR INSTRUCTOR TRAINING LEADING TO CERTIFICATION~

Supreme Science Qigong Instructor (Level I)

12 CEUs for Massage & Acupuncture

with Dashi Chu Kocica, Supreme Science Qigong Facilitator

Experience the healing benefits of 5,000 year-old Chinese Qigong, the ultimate longevity practice. Disease thrives in an oxygen-deprived environment and daily stress stagnates your energy and depresses the immune system. The energy science of Qigong uses gentle movement to saturate the body with oxygen, vaporize stress and prevent serious diseases from developing. The daily practice of Qigong will increase vitality, rejuvenate the body, calm the mind, enhance your health and well-being, and bring you inner peace.

This is an opportunity for healthcare practitioners, healers and all persons interested in improving health and quality of life to experience and share the remarkable healing results of Qigong. This intensive will give you all the skills you need to practice and teach the five Level I forms of Supreme Science Qigong: **Empty Force-** cleanse your body-mind of all stress and fill your energy field with healing Qi; **Cloud Hands-** energize lungs and connect to Heaven Qi, **Earth Hands-** fortify lower body, reproductive organs and connect to Earth Qi, **Around the World-** massage and rejuvenate the organs and spine, and **Push Hands-** learn to “project Qi” from your hands for self-healing and healing others.

Students need to commit to the daily practice of the forms (40 min) using the DVD by Jeff Primack. The Intensive will provide students with a deep understanding of the forms with special attention to correct posture and flow. **Weeks 1-2** to learn the basic movements of the forms and enter into the Qigong state; **Week 3** is the Part I exam: **“I can do the forms from memory;”** **Weeks 4-5** to practice verbalization and mirroring the forms; **Week 6** is the Part II exam: **“I can teach the forms to others.”** Those passing both exams will become Certified Supreme Science Instructors (Level I) and be listed with photo on the website, www.qigong.com.

INVESTMENT: \$199 (10% discount to FSOMA members). **REQUIRED MATERIALS:** Qigong Healing DVD by Jeff Primack (\$45). **MAKEUP CLASSES:** Students may make up a class at the alternate location. **CEUS:** 12 CEUs for Massage and Acupuncture (FL & NCBTMB). **VISIT** www.qigong.com for information about Supreme Science Qigong.

Thursdays, 7.00-9.00 pm- July 9-August 13, 2009: I Love Yoga Studio in North Miami

MEETS: Thursdays, July 9,16,23,30 and August 6,13, 2009 at I LOVE YOGA, 99 N.W. 166th St., Miami 33169, Tel **305-919-0314**. **PRE-REGISTRATION REQUIRED:** Call Dashi Cell 305-776-0760. (between June 1-27 call the office 305-666-2243 as I will be in Europe).

Saturdays, 2.30-4.30 pm- July 11-August 15, 2009: The Treehouse in South Miami

MEETS Saturdays, 2.30-4.30 pm, July 11,18, 25, August 1,8,15, 2009 at the **TREEHOUSE**, 5792 Sunset Drive (above Starbucks), South Miami 33143 Tel: 305-979-4554. **PRE-REGISTRATION REQUIRED:** Call the Treehouse 305-979-4554.

Visit www.asianhealingarts.org to view Dashi's bio, DVDs, calendar of events & articles on Qigong
Email info@asianhealingarts.org to receive Dashi's Email Calendar of workshops and retreats Cell 305-776-0760

Dashi Chu Kocica, AP, is an Acupuncture Physician specializing in Asian Healing Arts. She is a Supreme Science Facilitator and author of 8 videos on Qigong and therapeutic exercise and teaches workshops world-wide. Dashi is co-director of the Center for BioTherapeutics in Miami and the Orosi Mountain River Lodge & Retreat Center in Costa Rica.