

6 week Training: April 23-May 28, 2009

Qigong Healing Intensive

~12 HOUR INSTRUCTOR TRAINING LEADING TO CERTIFICATION~

Supreme Science Qigong Instructor (Level I)

12 CEUs for Massage & Acupuncture



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 teach the five Level I forms of Supreme Science Qigong: **Empty Force** to charge your vital centers and strengthen your Qi field; **Cloud Hands** to raise your energy and energize lungs, **Earth Hands** to fortify lower body and the reproductive system, **Around the World** to rejuvenate spine, heart and stimulate the digestive system, and **Push Hands** to “project Qi” from your hands to heal others.

Students need to commit to the daily practice of the forms (40 min) using the DVD by Jeff Primack. The Intensive covers advanced breathing practices and the Level I Forms with attention to correct posture and flow. **Weeks 1-2** begin with Breath Empowerment to jump start your practice and learn the forms; **Week 3** is the Part I exam: “*I can do the forms from memory;*” **Weeks 4-5** to practice verbalization and mirroring the forms, and experience the powerful Nine Breath Meditation Circle; **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 on the website, www.qigong.com.

TIME & DATES: Thursdays, 7.00-9.00 pm, April 23, 30, May 7, 14, 21, 28, 2009

PLACE: ZEN VILLAGE, 3570 Main Highway, Coconut Grove 33133, Tel. 305-567-0165

INVESTMENT: \$199 (tax deductible donation)

PRE-REGISTRATION REQUIRED: Call Daniela 305-567-0165. Credit cards accepted.

REQUIRED MATERIALS: Qigong Healing DVD by Jeff Primack (\$45)

CONTACT: Dashi Cell 305-776-0760; info@asianhealingarts.org; www.asianhealingarts.org

VISIT www.qigong.com for more information about Supreme Science Qigong

CEUS: 12 CEUs for Massage (NCBTMB) and Acupuncture (FL)

***Dashi Chu Kocica**, AP, is an Acupuncture Physician specializing in Asian Healing Arts. She is author of 8 videos on Qigong, Taiji and therapeutic exercise and teaches workshops world-wide. She is co-director of the Center for BioTherapeutics in Miami.*