



**November 5 & 6, 2011: Qigong Healing Intensive:
Leading to Instructor Certification (12 CEUS)**



WHO WILL BENEFIT:

Healthcare practitioners, healers, energy workers and all persons interested in improving health and quality of life can experience and share the remarkable healing results of Qigong.

WHAT WILL YOU LEARN:

- * The 40-minute daily practice of five Level I forms of Supreme Science Qigong;
- * How to enter into the "Qigong state" and practice with correct posture and alignment;
- * Advanced Breathing Practices: **Breath Empowerment** to jump start your practice and flood your body with Qi; and **Nine Breath Meditation Circle** to expand consciousness and channel the group energy for healing oneself, humanity and Gaia.

**November 19 & 20, 2011:
Qigong Healing Instructor Training (12 CEUS)
New & returning students are also welcome to attend!**

On Saturday students will perfect practicing the Level I forms in the "Qigong state" with special attention to correct alignment and flow. On Sunday Instructor candidates will take the Part I Exam: **"I can practice the forms from memory,"** and we also will practice voice projection, modulation, focus and facial expression in preparation for the December 11 Part II exam: **"I can teach the form,"** in which candidates will teach a group of students. Upon successful completion of both exams, Certified Instructors may publish their Instructor profile with photo on www.QiRevolution.com and attend national 4-day events as volunteers.

Your Instructor: Dashi Chu Kocica, AP, is an Acupuncture Physician specializing in Asian Healing Arts and Educational Director of the Center for BioTherapeutics in Coral Gables. She teaches the healing benefits of Qigong, Taiji, and yoga at home and abroad, and is author of 7 DVDs on self-healing and rejuvenation. Dashi is a Certified Facilitator/Trainer of Supreme Science Qigong. Visit www.asianhealingarts.org to view her calendar of workshops, international retreats and DVDs, and email info@asianhealingarts.org to receive her Email Calendar of events.

Cost: \$199 per workshop, Part II Exam \$75. Both workshops meet 11.00-6.00 pm. (Part II Exam meets Dec. 11, 1.00-5.00 pm). AT SYNERGY YOGA, 435 Espanola Way, Miami 33139. To register call Synergy at 305-537-7073 or visit www.synergyyoga.org. 12 MASSAGE THERAPY CEUS (FL & NCBTMB) per workshop. Required Materials: Qigong Healing Level I DVD by Jeff Primack available at workshop or in advance from Dashi Cell 305-776-0760.