

HEALING IN THE QI FIELD:

7-CLASS WISDOM QIGONG INTENSIVE via Zoom



*Dashi Chu Kocica, Acupuncture Physician
China-certified Wisdom Qigong Instructor*

This 7-class Zoom series is designed to give participants the optimal experience of self-healing through the daily practice of Qigong. Find out what Qi is, and how it helps reduce pain & stress, and promote lifelong health and inner peace. Together we will create a “group healing Qi Field,” then learn how to practice the 22-minute foundation form of Wisdom Qigong and the Guided Healing Meditation.

Dashi is an Acupuncture Physician specializing in Asian Healing Arts. She brings over 40 years-experience cross-training in Qigong, Taiji and yoga, and is author of over a dozen DVDs on Qigong & rejuvenation. In 1997 she traveled to the world’s largest Qigong hospital in China and cured herself of a partial hearing loss. Since then, her mission is to share powerful self-healing methods to empower others to take charge of their health and well-being.

Visit www.asianhealingarts.org to read Dashi’s articles on Wisdom Qigong and stream the form, Lift Qi Up, Pour Qi Down. For more information contact Dashi at 305-776-0760; [Email:info@asianhealingarts.org](mailto:info@asianhealingarts.org).

Date & Time via Zoom:

Thurs 7/29/21, 1.00-2.30 pm:

Lecture/Demo: Healing in the Qi Field

Mon-Sat 8/2-8/7/21, 1.00-2.00 pm:

6-class Qigong Intensive

Cost: \$100. Registration: Check out in Store under “All Products”. Upon payment you will be emailed details on how to connect via Zoom.