



**WHAT IS EMEI QIGONG?**

Emei Qigong is a comprehensive method for healing disease and distress, with several progressive levels that teach theory, movement forms, and other techniques. Until recently, this 800-year-old system was practiced only by monks. Thanks to Grandmaster Fu Wei Zhong, the 13<sup>h</sup> lineage holder of the Emei Qigong tradition, lay people can now learn how to use its energy cleansing and cultivation methods to hasten the healing of body, mind and spirit. The Level I training provides a rich body of knowledge that can inform a lifetime of practice.

<i>An Ancient Path to Self/Healing</i>	<i>Secrets for Accelerating the Healing Process</i>
<p><b>Strengthen your qi</b>  <b>Enhance the power of your body's energy fields</b>  <b>Understand the causes of illness</b>  <b>Learn simple dietary guidelines for restoring balance</b>  <b>Cleanse your drinking water of harmful qi</b>  <b>Use empowered objects for self-healing and healing others</b>  <b>Prevent healer's disease</b>  <b>Harmonize your heart and other organs with the internal massage of Emei Qigong's sacred healing sounds</b>  <b>Feel the tranquility of attaining oneness with the wuji qi</b></p>	<p><b>Discover how to be balanced, content and happy</b>  <b>Release negative qi and experience a sublime clarity</b>  <b>Learn six rules for effective healing</b>  <b>Treat other people's ailments and diseases</b>  <b>Enjoy the peace of universal mantra healing</b>  <b>Unlock the deepest meaning of the yin- yang taiji symbol</b></p>

<p><b>Space Limited to 20 students!</b></p> <p>This seminar will be taught by Dr. Celia Tom, Doctor of Oriental Medicine L.Ac</p> <p><b>Location:</b>            1919 Grand Avenue, #1-E            San Diego, CA 92109</p> <p><b>To Register:</b>            Call: 858-270-5454            Email: cmtom9@san.rr.com</p>	<p><b>Six Classes :</b></p> <p>To be announced</p> <p><b>Practice:</b> 9 a.m. to 9:45 a.m.  <b>Class:</b> 10 a.m. to 1 p.m.</p> <p><b>Cost:</b></p> <table> <tr> <td>Textbook</td> <td>\$35</td> </tr> <tr> <td>6 Classes</td> <td>\$72</td> </tr> </table>	Textbook	\$35	6 Classes	\$72
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