



The Healing Arts of Emei Qigong

Level One Training
\$60 FOR 4 DAYS

"Learn a time-tested method for improving your physical, emotional and spiritual well being."

ENJOY BETTER HEALTH

Strengthen the immune system.
Increase energy and strength.
Improve joint mobility & muscle strength.
Alleviate pain: neck issues, back and sciatica problems, fibromyalgia and more
Help achieve normal blood pressure.
Normalize weight & improve digestive issues.
Bolster and regulate reproductive health.
Minimize the impact of cancer, tumors and cysts.

ACHIEVE EMOTIONAL WELL-BEING

Reduce stress.
Dispel anger and depression relieve worry, anxiety and fear; lighten sorrow and grief.
Free the mind from overthinking.
Overcome insomnia
Expand spiritual understanding.
Change how you relate to fame, power, money, and love.

WHY IS EMEI QIGONG SPECIAL?

The main movement form, Wuji Gong, is easy to learn and extremely effective.
Its unbroken lineage is a rarity among the major schools of energetic arts.
Emei methods strengthen the healer.
Graduated levels of training provide a clear path for continuing study.

WHAT YOU'LL LEARN

Wuji Gong moving meditation form.
Daily practice and form correction.
Six secrets of healing.
When and where to practice.
Healing with empowered objects. What they are; why they work; how to use them.
Emei Qigong's sacred healing sounds. How to use them to rebalance the energy of the organs; their correlation with emotions is explained.
Five causes of illness. Different types of illness; how to address each.
The body's different energetic layers, their significance and purpose.
How to achieve and sustain happiness.
Cleansing the heart; understanding the root of suffering; the four greeds and the four needs.
The nature of karma. What creates a person's karma; how to change it.
Method to transfer and clear disease. A powerful tool for removing the energetic root cause of physical illness or emotional distress.
The universal mantra for protection and healing.
Qi transmission healing. How to access the Wuji qi for healing.
And much more.

HELP HEAL YOURSELF AND OTHERS

Celia Tom - Master, Emei Qigong; Doctor of Chinese Medicine; Lic. Acupuncturist brings years of practice to her teaching of Emei Qigong. She has trained extensively with Grandmaster Fu Wei Zhong, the school's 13th lineage holder, and is honored to be selected by him as a 14th generation Emei teacher.



TIME AND PLACE:

Sat. – Sun. June 9-10; June 16-17;
9 a.m. to 4 p.m. all days

1919 Grand Ave. Ste. 2-J, Pacific Beach, San Diego, 92109
Call: 858-270-5454 or
visit www.emeiqigong-zenhealing.com

\$60 total for 4 days

GROUP HEALING (OPTIONAL):

Sat. June 16, 4:15 to 5:15 p.m. \$30 each (not included in class fee) Open to all, bring a friend.