

Anoka-Ramsey
Community
College
Summer 2010



Instructor, **Sheila Judd, MA**, is Director of Continuing Education & Customized Training, Integrative Health & Healing programs, at Anoka-Ramsey Community College. She is a Spring Forest Qigong Master Healer and Certified Instructor and has studied with Master Chunyi Lin, Creator of Spring Forest Qigong, since the year 2000. She is passionate about health and wellness and helping others through holistic healing.

Register Today!

visit
www.anokaramsey.edu/cect or call
763.433.1200

Spring Forest Qigong — Level 1

Qigong is a form of meditation exercises that help people increase self-awareness, build internal energy and develop a healthy body physically and spiritually. These techniques will help you to be relieved of physical pain, stress, depression and even more. Many Qigong exercises are unnecessarily complicated and difficult to learn. However, Master Chunyi Lin has simplified these exercises and developed Spring Forest Qigong. His techniques are simple and effective. Spring Forest Qigong opens the door for everyone to explore this wonderful and powerful spiritual healing energy.

Spring Forest Qigong Curriculum

History of Qigong
General Principles of Qigong
Energy Channels/Meridians
4 Key Elements of Qigong
Yin/Yang Philosophy
6 Causes of Energy Blockages
6 Keys to Success
“Sword Finger” Techniques for Helping Others

Healing Techniques

- Harmony of the Universal Energy
- Forming of Yin & Yang
- Moving of Yin & Yang – building energy in the internal organs
- Breathing of the Universe – good for the lungs
- Joining of Yin & Yang – to balance the body's energy
- 7 Steps of New Life – good for opening all of the body's energy channels
- Ending Exercise – harvesting energy (Qi) in the body
- Small Universe – most important and powerful exercise in Spring Forest Qigong

For more information contact:

Sheila Judd, *Director*

*Continuing Education and
Customized Training*

763-433-1402

Sheila.Judd@anokaramsey.edu

Class is held at Hermitage Farm
Rochester, Minnesota

Saturday, July 17
9:00 a.m. – 5:00 p.m.
#236 2.16 CEU \$135



 **ANOKA-RAMSEY**
COMMUNITY COLLEGE
CAMBRIDGE • COON RAPIDS



**HERMITAGE
FARM**
CENTER FOR HEALING

11200 Mississippi Blvd NW, Coon Rapid, MN 55433
(763) 433.1200 • www.anokaramsey.edu

6415 West River Road NW, Rochester, MN 55901
(507) 281.2791 • www.hermitagefarm.org