

Anoka-Ramsey
Community
College
Fall 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

Spring Forest Qigong - Level 2

Spring Forest Qigong Level Two is available to those who have completed Spring Forest Qigong Level One. You will learn to increase your own energy and detect energy blockages in others. Your understanding of Spring Forest Qigong will be enhanced as you learn to:

- Develop psychic energy
- Defend against negative energy
- Use the body as a virtual compass
- Open the small Universe for others
- Gain advanced skills for collecting Universal Energy
- Protect one's energy from being drained or stolen
- Send out energy to clear the blockages and heal others who are sick
- Use "sword fingers" and "thunder palms" to treat pain, heal colds, etc.
- Call upon Master's (God's, Higher Power's) energy to build healing power
- Use one's hands to detect energy blockages and root of sickness in another's body within a couple of minutes

Discover how the more one helps other people, the more energy one gains; the more energy one sends out, the more energy is returned

**Class is held at Hermitage Farm
Rochester, Minnesota**

**Saturday, August 28,
9:00 am – 5:00 p.m.
and**

**Saturday, September 11
9:00 am – 12:00 p.m.
\$175 1.44 CEU #0002**

Spring Forest Qigong for Cancer

This class will focus on supporting the healing process for cancer. You will learn about exercise, diet, meditation, qigong techniques for treating cancer, and much more. And you will learn what cancer likes and what cancer doesn't like. In this class you will learn and practice qigong techniques for cancer. Qigong is compatible with traditional cancer treatments and other alternative healing modalities.

**Class is held at Hermitage Farm, Rochester, Minnesota
Saturday, September 11, 1:00 – 5:00 p.m.
\$59 .48 CEU #0003**



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(763) 433.1200 • www.anokaramsey.edu



**HERMITAGE
FARM**
CENTER FOR HEALING

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