

HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 281-2791
www.hermitagefarm.org

Spring Forest Qigong Level 1

**July 28th, 2012
9:00 AM – 5:30 PM**

Qigong is a form of meditation exercises that help people increase self-awareness, build internal energy and develop a healthy body physically and spiritually. Participants will learn simple Qigong exercises & meditations to help you relieve physical pain, manage stress, increase energy, ease tension and enhance overall health and wellbeing. Qigong allows one to assist the physical & spiritual healing of themselves and others through movement, breath work, visualization, and sound. Individuals will learn self-healing techniques and the benefits of Qigong. Master Chunyi Lin has simplified these exercises and developed Spring Forest Qigong. Spring Forest Qigong opens the door for everyone to explore this wonderful and powerful spiritual healing energy.

To help ensure that you get the most out of this course, please wear comfortable clothing to class and avoid wearing scented lotion, perfume, and/or cologne.

Presenter:

Colleáyn Klaibourne is a Spring Forest Qigong Master Healer and has spent two decades helping individuals and animals in her private healing practice, Qigong classes, & Wellness Group. She is a Medical Intuitive, Certified level 1 & 2 Spring Forest Qigong Instructor, Spiritual Mentor, & Artist. She is passionate about health & healing and helping others create profound changes in their lives. For more information on Colleáyn and the services she provides, please visit www.Qigong.ckgalleria.com

*****REGISTRATION*****

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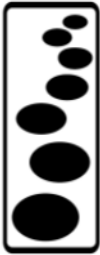
Name _____ Email _____ Phone _____

Cost \$145 Includes Spring Forest Qigong Level 1 Manual

Send check to:

Hermitage Farm Center for Healing
6415 West River Road NW, Rochester, MN 55901

Please call Hermitage Farm at 507-281-2791 for any questions.



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