



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



The Healing Arts of Emei Qigong

Level I training

Enjoy better health

- > Strengthen the immune system.
- > Increase energy and strength.
- > Improve joint mobility.
- > Alleviate pain: migraines, neck problems, back issues, and more.
- > Help normalize blood pressure.
- > Promote better blood sugar levels.
- > Bolster the health of the prostate.
- > Moderate the impact of cancer, tumors and cysts.

Improve your outlook on life

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

Why is Emei Qigong special?

- > The main movement form 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 movement 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; correlation with emotions explained.
- > Five causes of illness. Different types of illness; how to address each.
- > The body's main energetic layers. Their significance and purpose.
- > How to 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.

San Francisco

March 13-14 & March 20-21

with **Catherine Burns**

9:30-5:30 every day except March 14;
March 14, 9:30-4

South Beach Harbor conference room
Pier 40, Townsend and Embarcadero
San Francisco

SF registration: Call Real Health at 650-949-3637 or 650-281-5867, or visit www.Emei-Qigong.com

Alameda

March 27-30 with **Tyra Ferlatte**

and teacher-intern **Don Henderson**

9:30-5:30 every day except March 28;
March 28, 9:30-4

Harbor Bay Isle Community Center
3195 Mecartney Road, Alameda

Cotati (southern Sonoma County)

April 10-13 with **Tyra Ferlatte**

9:30-5:30 every day except April 11;
April 11, 1-6

Congregation Ner Shalom
85 La Plaza, Cotati

Alameda or Cotati registration:
Call 415-710-5156 (Alameda) or 415-847-2605 (Cotati), or visit HealthyWealthyWise-EmeiQigong.com

Help heal yourself & others

Catherine Burns, L.Ac., and Tyra Ferlatte bring years of practice to their teaching of Emei Qigong. Both have trained extensively with Grandmaster Fu Wei Zhong, the school's 13th lineage holder, and were honored to be selected by him as 14th generation Emei teachers.



\$60 total for 4 days

Nurse CEUs

26 hours (pending); extra fee

GROUP HEALINGS

March 14, SF: 4:30-5:30 p.m.

March 28, Alameda: 4:15-5:15 p.m.

April 11, Cotati: 6-7 p.m.

\$30 each, not included in class fee.

Open to all, bring a friend!