

The Healing Arts of Emei Qigong



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

\$97 Four-day Level 1 training | San Rafael
March 16, 23, 30 and April 6, 2014

Healing practices

- > **Wuji Gong movement form.** Daily instruction and practice.
- > **Empowered objects.** What they are; why they work; how to use them.
- > **Emei Qigong's sacred healing sounds.** A set of sounds that correlate with the emotions and rebalance the energy of the internal organs.
- > **Method to transfer and clear disease.** A powerful tool for removing the energetic root of illness and distress.
- > **Universal mantra.** A gift of protection and healing.
- > **Qi transmission healing.**

Understanding the practice

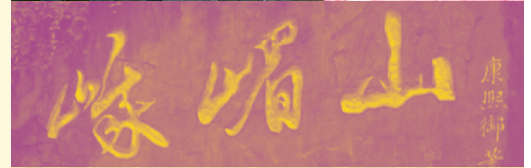
- > **What is Qigong?** What is Emei?
- > **When and where to practice.**
- > **Five causes of illness.** Types of illness and how to address each one.
- > **Working with the body's energetic layers for healing.**
- > **A lesson in karma.** What creates karma and how to change it.
- > **Six secrets of healing.**
- > **Developing contentment and ease.** How to cleanse the heart and release unhappiness; the four needs and four greeds; and more.

Benefits of Emei Qigong practice

- > **Increase energy and strength.**
- > **Improve joint mobility.**
- > **Release migraine-causing tension.**
- > **Alleviate back pain.**
- > **Help normalize blood pressure.**
- > **Promote better blood sugar levels.**
- > **Bolster the health of the prostate.**
- > **Strengthen the immune system.**
- > **Reduce stress.**
- > **Moderate the impact of cancer, tumors and cysts.**
- > **Dispel chronic emotional conditions:** anger, excitability, worry, anxiety, overthinking, sadness, fear.
- > **Expand spiritual understanding.**

Why Emei Qigong?

- > **The main movement form** is easy to learn and extremely effective.
- > **Its unbroken lineage, a rarity** among the major schools of energetic arts, gives its methods additional potency.
- > **Emei practices** strengthen the healer.
- > **Graduated levels of training** provide a well-defined path for deepening your practice over time.
- > **Help** heal yourself.
- > **Help** others heal.



When the body's flow of energy is balanced and well-regulated, good health and a positive outlook on life arise naturally. Students taking Level 1 will learn practices and theory from the nearly 800-year-old Emei system that will allow them to identify and address energetic imbalances that are causing disease and distress.

Tyra Ferlatte has been training since 2000 with Grandmaster Fu Wei Zhong, the 13th lineage holder of Emei Qigong.

She is honored to serve as a 14th generation teacher.



EARLY REGISTRATIONS APPRECIATED

Secure your place today: Visit HealthyWealthyWise-EmeiQigong.com or call **415-847-2605** to register for the seminar and/or group healing.

Cost: \$97 for all four days. (Can't come all four days? Please call.)

Where: **Whole Living Alliance**, 1000 Fifth Street, Suite B, San Rafael 94901

GROUP HEALING: MARCH 23

4:30-5:30 p.m. Open to all; you don't have to be taking the seminar

Cost: \$30, not included in seminar fee

CLASS HOURS

March 16, 30 and April 6: 9:30 a.m.-5:30 p.m.

March 23: 9:30 a.m.-4 p.m.

ONGOING GROUP PRACTICE

When: 9:25-10:15 a.m., two Sundays a month—usually the first and third Sundays. Check the schedule on the group practice page at HealthyWealthyWise-EmeiQigong.com.

Where: Whole Living Alliance
1000 Fifth Street, Suite B, San Rafael

Cost: \$3 per session