

Qi Gong Healers Seminars 2013

with Qi Gong Master Lisa B. O'Shea



Chapel Hill Beginning Qi Healers Class of 2008

Immerse yourself in the experience of learning to be well, and to offer healing to others...

In these seminars, people from around the country gather in a friendly, supportive environment to explore deep healing without the distractions of daily life.



Lisa B. O'Shea is a Certified Qi Gong Therapist, teacher, and founder of the Qi Gong Institute of Rochester (NY), where she offers classes and seminars in Qi Gong, Taijiquan, Nutrition, and a certification program in Qi Gong Therapy. Most recently, she is the first to be certified as a Qi Gong Master by her teacher, Dr. Yang Jwing Ming. She is also an Approved Provider for the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB #451188-09) and now offers Continuing Education Hours for her courses. For further information on her programs, go to:

qigongrochester.com

Qi Gong For Women*

June 1 2, 2013 in Chapel Hill, NC



Saturday & Sunday, June 1-2, 9:00 am-6:00 pm

Location:

Fleming Hall, New Hope Camp and Conference Center, Chapel Hill NC
No prior experience required!

***14 Continuing Ed. Hours (NCBTMB)**

Healthy Balance Qi Gong is the newest form created by Lisa B. O'Shea in 2012. It is the culmination of her 18 years of teaching and powerfully clears out blockages and brings profound healing to the body. This form combines movement, visualization, meridians, acupuncture points, and Qi Healing techniques to facilitate healing physically, mentally, and emotionally. Healthy Balance Qigong includes over 27 different movements all designed to improve health. The movements are flowing and easy to learn. It can be divided into three sets- Chest set, Abdomen set, and Kidney set, or can be combined into one set.

We'll cover:

- 5 Elements Theory of Traditional Chinese Medicine with special emphasis on emotional, psychological, and relationship issues
- specific health issues that affect women, such as heart and breast health, PMS and menopause, sex drive, the reproductive system, autoimmune problems, bone density, aging, and more.
- the Healthy Balance Qigong set, a series of exercises designed specifically to correct energy flow problems.
- Qi Healing Techniques to comb out blockages and draw in Universal energy
- special meridian points for healing organs
- mindfulness techniques for healthy eating, conflict resolution and healthy relationships
- nutrition
- meditation for hormone balance and longevity

****Although this seminar is called Qi Gong for Women, men are invited to attend as well:**

Although Lisa discusses in detail many health issues that are of interest to women, much of the info applies to men as well. Issues like cardiovascular health, hypertension, hormone balance, sex drive, digestive problems, and many others are discussed. You will undoubtedly find there is something of interest to you. The Traditional Chinese Medicine theory and Qigong exercises taught in this program are very effective for men as well as women.

Registration Fee: \$300 (\$275 if registered by April 6)

To reserve your place, mail the

Registration Form

(last page) with check for full fee to:

Dr. Jay Dunbar
15 Timberlyne Road, Chapel Hill NC 27514

Early-Bird Registration: *if registered by April 6, Lisa offers a free 2 hour Qi Gong DVD of all forms and Tai Chi taught (\$40 value). Alternate products available if you already have the DVD.*

Early seminar registration is appreciated!

For further info, call Dr. Jay at 919-968-3936 or email: drjay@magictortoise.com

Beginning Qi Gong Healers Seminar*

June 8-9, 2013 in Chapel Hill, NC



Saturday & Sunday, June 8-9, 9:00 am-6:00 pm

Location: Fleming Hall, New Hope Camp and Conference Center, Chapel Hill NC

***16 Continuing Ed. Hours (NCBTMB)**

No prior experience needed! We'll cover the following
Qi Gong healers techniques:

**Scanning
Qi Pulsing
Fragrance Qi Gong
12 Meridians**

**Pulling
Sending Energy
Rising Lotus Medical Qi Gong
24 Acupuncture Points
Inner Smile Meditation**

**Combing
Six Healing Sounds Qi Gong
Five Elements Theory
Dantian Meditation**

Registration Fee: \$275.

To reserve your place, mail the

Registration Form

(last page) with check for full fee to:

Dr. Jay Dunbar
15 Timberlyne Road, Chapel Hill NC 27514

Early seminar registration is appreciated. if registered by April 6, Lisa offers a free 2 hour Qi Gong DVD of all forms and Tai Chi taught (\$40 value). Alternate products available if you already have the DVD.

For further info, call Dr. Jay at 919-968-3936 or email: drjay@magictortoise.com

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REGISTRATION FORM



2013 North Carolina Qi Gong Healers Seminars with Lisa O'Shea

Name: _____

Home Phone # _____

Cell Phone # _____

Work Phone # _____

Email: _____

Address: _____

City/State: _____ Zip: _____

Seminar registration by April 6th is appreciated and early registration is recommended. No refund can be offered if cancellation occurs after May 24th. Cancellations on or before May 24th may be eligible for a full refund if the space can be filled, or half refund if space is not filled. No exceptions. Registration requires payment in full.

I am registering for:

Qi Gong for Women: \$275 if before Apr 6, \$300 after: _____

Beginning Qi Gong Healers Seminar Registration: \$275 _____

Subtract 10% from the fee of any seminar you have previously taken _____

Payment Enclosed: _____

Please make check payable to **"Magic Tortoise"** and mail to:

**Dr. Jay Dunbar
15 Timberlyne Road
Chapel Hill NC 27514-1522**

Please call if you need to make other payment arrangements,
919-968-3936.

Email: drjay@magictortoise.com