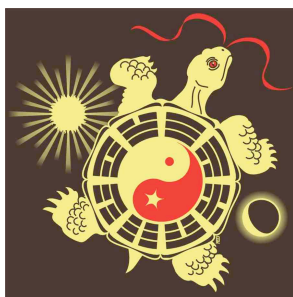


UPCOMING MAGIC TORTOISE EVENTS, 2010



San Shou: "Taiji for Two," with Kathleen Cusick and Dr. Jay Dunbar. Taijiquan's traditional two-person set. Recommended for training partners and those with a year or more solo form experience.

March 6-7: two-day intensive, moves 1-27 (first half).

May 13-16: four-day intensive, moves 1-44 (complete: Th-Fr 1-27, Sa-Su 28-44)

Locations in Chapel Hill. For details, see magictortoise.com/work_sem.htm

11th Annual 100-Day Program. Our 100-day program, dedicated to the memory of Master Jou Tsung Hwa, is an opportunity to make daily personal progress with community support. Program participants set one or two goals, and devote the traditional 100 days to their fulfillment. There are only two meetings: the organizational meeting held this year on

February 13 from 1-2 pm at 15 Timberlyne Rd, Chapel Hill (the 100 days start on February 14), and a final wrap-up celebration near the 100th day; both meetings are optional: remote participation via email is fine. \$40 commitment fee.

Further info at: magictortoise.com/100day.htm

Beginning Qi Gong Healers Seminar with Lisa B. O'Shea, founder and director of the Qigong Institute of Rochester.

June 4-6, Fri-Sun, at the Balanced Movement Studio, Carrboro. Learn to heal yourself and others using Qi (energy). Whether you've been practicing energy work for years or have never experienced it before, this weekend will give you the knowledge and practical techniques to begin healing yourself and others. Understand energy systems from a traditional Chinese point of view, learn to remove energy blockages and encourage healthy qi flow throughout the body. A variety of qigong forms and healing methods will be presented. Bonus DVD for registrations received by April 15. More info and Registration Form at magictortoise.com/work_sem.htm

Advanced Qi Gong Healers Seminar with Lisa B. O'Shea, founder and director of the Qigong Institute of Rochester.

June 11-13 Fri-Sun, at the Balanced Movement Studio, Carrboro. The next step in certification as a Qigong Therapist with the Qigong Institute of Rochester! More advanced healing techniques and a variety of qigong exercises are presented. Bonus for registrations received by April 15. More info and Registration Form at magictortoise.com/work_sem.htm

Watch www.magictortoise.com for more!!