

# Qi Gong Healers Seminars

with Lisa B. O'Shea



**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. For further information on her programs, go to: [www.qigongrochester.com](http://www.qigongrochester.com)*



## Beginning Qi Gong Healers Seminar

June 5-7, 2009 in Chapel Hill, NC

Friday June 5, 7:00-9:00 pm;

Saturday & Sunday, June 6-7, 9:00 am-5:30 pm

*Location: Balanced Movement Studio, 304 W. Weaver St, Carrboro NC ([www.balanced-movement.com](http://www.balanced-movement.com))*

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. Send to:

Dr. Jay Dunbar  
15 Timberlyne Road  
Chapel Hill NC 27514

**Registration by May 18 is appreciated.**

*Bonus: Free 2-hour Qi Gong video or DVD of all forms taught plus Taijiquan (\$40 value) if you register by April 10.*

Questions or further information, call Dr. Jay at 919-968-3936 or email: [drjay@magictortoise.com](mailto:drjay@magictortoise.com)

# Advanced Qi Gong Healers Seminar

June 12-14, 2009 in Chapel Hill, NC



Friday June 12, 6:00-9:00 pm;

Saturday & Sunday, June 13-14, 9:00 am-6:00 pm

*Location: Balanced Movement Studio, 304 W. Weaver St, Carrboro NC ([www.balanced-movement.com](http://www.balanced-movement.com))*

*Pre-requisite: Beginning Qi Gong Healers Seminar.*  
We'll cover the following Qi Gong healers techniques:

**Buddha Palm**  
**Vessel Orbits**  
**Microcosmic Orbit**

**Energy Massage**  
**Joint Work**  
**12 Meridian Meditation**

**Neck and Ear Techniques**  
**Four Seasons Qi Gong**  
**36 Acupuncture Points**

Registration Fee: \$350.

Send to:

Dr. Jay Dunbar  
15 Timberlyne Road  
Chapel Hill NC 27514

**Registration by May 18 is appreciated.**

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of all forms taught plus Taijiquan  
(\$40 value) if you register by **April 10**.*

Questions or further information, call  
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*Chapel Hill Beginning Qi Healers Class of 2008*