Join us for a 3-Day Healing Energy Intensive

February 7-9, 2020 in beautiful, sunny San Diego

The program will include:

- San Ti Standing Meditation, to harmonize your body, mind, and connection to nature
- Metal Element: splitting like an axe chopping wood to balance the lungs
- Water Element: coil like a meandering stream to balance the kidneys
- Wood Element: spring forward like an arrow shot from a bow for the liver
- Fire Element: release power like a cannonball for the heart
- Earth Element: glide across the ground with supple, diagonal power for the spleen
- Chinese Five Element Theory: the core of Taoism and Chinese Medicine
- Meditations for inner peace

Eight sessions, Fri Sat Sun 9 AM-12, 2-5 PM each day. At the Marina Village Conference Center, 1936 Quivira Way. Elegant discounted lodging nearby: info sent with registration confirmation. Tuition: $395. Registration: $100 non-refundable deposit by PayPal to paypal.me/KCohenQigong or for credit card, check mailing, or additional info, please contact: info@qigonghealing.com or phone 720-985-6445. You are responsible for your own travel, lodging, and meals.

Qigong Grandmaster Ken Cohen 高漢 (www.qigonghealing.com), author of The Way of Qigong (Random House), is the winner of the Lifetime Achievement Award in Energy Medicine and has been practicing Chinese healing, meditative, and martial arts since 1968.