



## *Qigong Summer at Polestar Miami*

**July 23 & 24, 2011: Qigong Healing Intensive:**

**Leading to Instructor Certification (12 CEUS)**



This is an opportunity for healthcare practitioners, healers and all persons interested in improving health and quality of life to experience and share the remarkable healing results of Qigong. This intensive will give you all the skills you need to teach the five Level I forms of Supreme Science Qigong:

**Empty Force-** charging your vital centers and strengthening your Qi field

**Cloud Hands-** raising your energy and energizing lungs

**Earth Hands-** fortifying lower body and reproductive system

**Around the World-** rejuvenating spine, heart and digestive system

**Push Hands-** “projecting Qi” from your hands to heal self and others.

The 12-hour Intensive covers advanced breathing practices and the Level I forms with two focuses: First, how to enter into the "Qigong state" by integrating body and mind with the breath, and second, how to practice with correct posture, alignment and energy flow.

Day 1 will begin with **Breath Empowerment** to jump start your practice and fill the body with oxygen; Day 2 will end with the **Nine Breath Meditation Circle**, a powerful practice to channel the group energy to healing others.

***Students wishing to deepen their practice, or pursue certification as Supreme Science Qigong Instructors (Level I) should commit to a daily 40-minute Qigong practice with the Level I DVD\* and attend the two-part Qigong Healing Instructor Trainings on August 7 & 28, 2011.***

***\*Visit [www.QiRevolution.com](http://www.QiRevolution.com) for more information on national events, books and DVDs.***

Cost: \$199. Time: Saturday, July 23, 12.00-7.00 pm , Sunday, July 24, 9.00 am-4.00 pm. Place: Polestar Miami, 1500 Monza Ave, Suite 350, Coral Gables, FL 33146. To register call Polestar Miami at 305-740-6001. Credit cards accepted. For more information call Dashi at 305-776-0760. 12 CEUS available from the Supreme Science Qigong Foundation, a CE Provider for Massage (Florida State and NCBTMB), Acupuncture (Florida State & NCCAOM) and Nursing (AHMA).