

## **Qigong Summer at Polestar Miami**

**June 15, 2011: Qigong: The Art of Self-Healing**



***with Dashi Chu Kocica, AP***

In this evening workshop, Dashi will share her story of self-healing at the world's largest Qigong hospital in China, and discuss why this ancient art and science of energy healing is being reborn in the West today. She will discuss the relationship of Qigong to Traditional Chinese Medicine and explain in simple terms what Qi is, why it is important to our health and how the daily practice of Qigong can empower you to enjoy abundant Qi, life-long health and inner peace. Dashi will also introduce the upcoming Qigong Healing Intensive and the Qigong Healing Instructor Certification Workshops offered at Polestar this summer.

Cost: \$35. Time: Wednesday, June 15, 5.30-7.00 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 contact Dashi at 305-776-0760.