

DISTINGUISHED MASTERS SERIES

PRESENTED BY THE

VERO BEACH QI-GONG SOCIETY



Internationally Renowned Qigong Master Daisy Lee

presents

Radiant Lotus Qigong for Women and Qigong for Cleansing.

- March 4th 7pm-9pm. Meet The Instructor and Workshop Preview and Pot luck Dinner. All are welcome .
- March 5th 9am-4pm. Radiant Lotus Qigong (women only). Cost:\$150.00
- March 6th 9am-4pm. Qigong for Organ Cleansing and Stress Relief (coed). Regular practice of this 10 minute form encourages weight loss, improves skin elasticity, and gently cleanses impurities from the body. Cost:\$150.00

Instructor Certification Course in Radiant Lotus Qigong for Women (50 Hrs.). Previous experience in Qigong required.

First time available in the Northeastern United States.

- March 8th–12th 9am-4pm. Instructor Course. Tuition \$900.00

All events will be held at Unity Center of Vero Beach, 950 43rd Ave.

The Vero Beach Qi-gong Society
(772) 569-4090, www.thecloudwalker.com

Radiant Lotus Women's Qigong

(*A special 'women only' workshop)

MORNING SESSION:

- **Qi Demonstration:** showing how the mind and emotions affect the body's physical energy and immunity.
- **Radiant Lotus Women's Qigong:** how to use Women's Qigong as an adjunct to other styles of Qigong. The importance of cultivating women's compassion with passion, femininity with strength, and forgiveness with truthfulness. Accessing feminine wisdom and "neutral compassion" during times of stress and intense emotions.
- **Shaking & Cupping:** two of the simplest, quickest and most effective ways to release blocked energy and wake up the body's immune response. This routine helps to dislodge sluggish qi from the physical and energetic channels of the body and can be done as a stand-alone exercise, or as a warmup before other movements. Shaking benefits include release of toxins (especially through the skin and lymph), improved digestion and bowel movements (excellent for those with constipation caused by a sluggish colon or poor digestion), a clearer complexion and an increased sense of well-being.
- **Radiant Lotus Form** – a graceful, flowing Qigong form which uses the lotus flower as a metaphor for female strength and flexibility. The movements open up the body's energy by gently stretching and releasing tension from the muscles, joints and spine.
- **Self-Massage** - the AM program concludes with a rejuvenating self-massage for women

AFTERNOON SESSION:

- **Different Qigong Methods to Shrink or Heal Tumors, Fibroids and Cysts:**
 - a. Tibetan Vibrational Sound Healing – 6 healing sounds for women's health
 - b. Emotional Release Technique – a simple technique to release blocked emotional energy
 - c. Sword-finger Technique to shrink tumors
- **Longevity Qigong** – This simple 4-movement Qigong form builds internal strength, improves physical balance and energizes the joints and kidneys for a long and healthy life. Many women report greater elasticity in the vagina and uterus.
- **Kwan Yin Closing Movement** - This signature movement reminds practitioners to return to their natural state of loving compassion

Please read below for a list of hotels in the area!

1. Spring Hill Suites by Marriott, 5115 Indian River Blvd, Vero Beach, FL (772) 978-9292
2. Holiday Inn, 3384 Ocean Drive, Vero Beach, FL (772) 231-2300
3. Holiday Inn, 9400 19th Lane, Vero Beach, FL (772) 567-2500
4. Vero Beach Hotel and Spa, 3500 Ocean Drive, Vero Beach, FL 800-602-VERO
5. Costa D' Este, 3244 Ocean Drive, Vero Beach, FL (772) 562-9919
6. Disney Vero Beach Resort, Vero Beach, FL (772) 234-2076 or 407-939-7828 or online go to www.verobeachhotels.com