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Chinese Energy-Bodywork

Acquire deep listening skills and a strong personal energy flow through Qigong and Tui-Na practice.

"Chinese medicine has a long history of sophisticated and powerful bodywork therapies (tui-na), based on the theory and practice of yin, yang and qi (qigong). Learn how to develop more energy for yourself and your clients, and practice some traditional Chinese bodywork hand skills in this fun and informative weekend."

July 20–21, 2002

Saturday and Sunday, 9:00 AM– 4:30 PM

James Lee's Karate

725 Chambers Avenue Eagle, Colorado

Saturday: The Qi Foundation—Storing Qi and Developing Sensitivity

Practicing Body, Breath, and Mind are at once fundamental and the highest level of training. They are also a great way to learn about Yin, Yang and Qi, which comprise the root theory of Chinese medicine and the Tao. We will practice drills and discuss the concepts in order to gain a clearer understanding of the "view" of Chinese medicine and to start to feel the movement of qi in our bodies. We will then learn "The 8 Storing Qi and Sensitivity Exercises", a qigong set that further refines this skill.

Sunday—Yin Style Bagua Energy-Bodywork

We'll review the qigong and continue to work on several tui-na hand techniques on the whole body. The bodywork techniques are not hard to learn as they are presented in a simple manner in the beginning, and you can put them to use in your practice with great results regardless of your bodywork style. However, these techniques also have great depth, and it is up to you to put in the time and effort to develop the incredible power and efficiency available when skilled hands are combined with strong, sensitive qi; and an understanding of Chinese medicine.

This workshop is for everyone from never-evers to advanced students of the energy arts, and healers/therapists of all kinds— bring your curiosity! The material is both simple and endlessly deep, so there is something for everyone to learn. You don't need to be a professional massage therapist to learn how to use this work for yourself and your family. Qigong is fun to practice, doesn't take a lot of time or require any special skills, and makes you feel great!

Cost: Saturday—\$75, Weekend—\$120

Space is limited. To reserve yours, please send a \$40 deposit by July 5th to: David Parker, 7084 E Hurlbut Ave, Sebastopol, CA 95472.

Full payment is due at the start of the workshop.

Questions? Please call David Parker at 707/824-9630

Email— david@qigongfu.com www.Qigongfu.com

Locally, call Robert Bump at 970/845-9971

What is Qigong?

Qigong (say chee gong) literally means breath practice or energy skill. Qi itself is the energy or "spark" that motivates all things in life, it is in and around us at all times. We can choose to develop, store and use this resource through qigong practice. There are hundreds of these Chinese energy arts exercises from Taoist, Buddhist, and martial traditions. Most are easy to learn and usually involve posture/ movement, breathing and mental focus. As our qi circulation becomes more organized through regular practice, everything in life functions more smoothly.

What is Tui-Na?

Tui means pushing, and Na means grasping, so this is basically the Chinese way of saying "massage". Yin-Style Bagua has 24 of these basic hand techniques, each of which has 8 main variations. They are often used in different combinations employing two or more forces simultaneously. YSB bodywork relies on the use of strong qi first, and strength second.

David Parker

David has trained in Chinese meditative and martial arts for 15 years and is a professional member of the National Qigong Association. He is certified in Acupressure and Massage Therapies and has been in practice since 1984. David teaches in a clear and friendly manner, openly sharing his knowledge with both beginning and advanced students. He has studied with Dr. Xie Peiqi of Beijing, the elder practitioner of Yin-Style Bagua, since 1996.