



**Satya Sattva Studio**



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## **Health Qigong and Inner Alchemy**

### **Introductory Workshop in Qigong and Tai Chi** **Monday, November 10<sup>th</sup>, 7:30-9:30 pm**

**Presentation and Study:** In this workshop, we will explore the roots and the philosophy of Qigong and Tai Chi, the mapping of the existing forms, as well as the health and well being benefits. We will explore the principles at the foundation of these amazing mind-body health exercises, and we will understand the concepts that lead to a solid and grounded practice with optimal results.

**Qigong and Tai Chi Practice:** We will introduce the practice of the **Vitality Enhancement** method (**Bu Zheng style**) and the **Alchemic Nine Phases**. We'll learn the Guo Lin breath (from the Guo Lin cancer-recovery program), body self-massaging and tapping, Ringing the Temple Gong and Beating the Heavenly Drum methods, then we'll discover the Qi, gather the Qi, circulate and purify, direct and conserve, store and transform, 'polish the pearl', and finally dissolve in the Qi. We will feel the immersion and discover our true eternal nature.

***Power, Peace and Compassion to all !***

*"When you cultivate balance and harmony within yourself, or in the world – that is Tai Chi. When you work and play with the essence and energy of life, nature and the universe for healing, clarity and inner peace – that is Qigong."*

(Dr. Roger Jahnke, IIQTC Director)

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