



## Qi Gong for Arthritis

Arthritis is one of the big concerns for people when they are getting older, and many people are suffering from it.

Arthritis is a joint problem, and rheumatism is a more serious stage of this challenge. If your posture is not good and you abuse your body without proper relaxation and nutrition, you could regress into arthritis, and then to the more serious stage of rheumatism. The rheumatism affects our joints but it also contaminates the internal organs.

The reason for this health issue is not yet known, but the Body and Brain energy principle explains that it is due to poor immune system function - energy can't circulate because of stress and lack of exercise.

Qi Gong for Arthritis is not only for people who have this condition. It is also a preventative measure. So many people are exposed to a lot of stress - the immune system gets weaker and although medical science has improved, people are experiencing more of this rheumatism.

Through smooth energy movements of Qi Gong, we will learn how to release tension in our joints, and purify stagnant energy, improving your condition if you are already affected by this, and minimizing your chances of being affected by this as you age.

\* Training Fee: \$60 + 13% HST

# Five Organs Harmonizing Training



Most of your physical health depends on the condition of your five organs. The key phrase for health is 'harmonious balance'. Traditionally, in the orient, there are some principles related to the five organs, such as yin and yang, and the five elements.

Each organ (kidneys, liver, heart, stomach and lungs) has a unique energy condition that is different from the other organs. When we are born, our organs receive a harmonized energy balance, with each organ having its unique energy.

Because of our stressful and busy life, we have lost this balance of energy totally, and since each organ's energy affects our body condition and emotions, recovering the original energy of each organ is important to our health and happiness.

Each organ has a different energy name. Through chanting that energy name, we purify stagnant energy and negative emotions, bringing harmonious energy back to the organ system, and to the whole body.

The centre of our body is our Dahn Jon Energy Centre, so when the five organs energies circulate well, we can strengthen our Dahn Jon and then naturally, we can expand our consciousness, paying attention to others, and then recovering harmony with others through personal harmony inside.

\* Training Fee: \$60 + 13% HST

# Ki-energy Circulation Meditation

There are many different kinds of meditation. This is a meditation focusing on energy circulating throughout whole body, especially the conception and governor meridians.

Energy is the easiest way to focus our attention. When we focus on energy, our busy mind comes back to our body quickly and our mind calms down, especially when we focus on the meridians inside. That is why this is such a powerful meditation training.

We control energy with breath. Through this, we can practice energy training and meditation safely, and we will recover our health.

We can heal our body and mind and develop potential hidden power. There are several steps in this circulation meditation.

**It is like constructing a highway of energy.**

# ChunBuKyung Chanting Meditation



Chun-Bu-Kyung (The Scripture of Heavenly Code) is the oldest Korean scripture. This scripture teaches about Han (the ultimate oneness) and its basic trinity, Heaven, Earth, and Human, and the relationship between them. It includes the principles of the Cosmos, its Creation and Evolution, Growth and Consummation, and the principle of human completion as part of the cosmic transition.

## 本心本太陽昂明

The original / Mind / The original / Big / Light / Look / Light

Divine Mind Is the Eternal Light, Looking toward celestial Light

One thing which last unchanging is the original divinity which shines like the sunlight, looking up toward its origin, the celestial eternal light.

\* Training Fee: \$60 + 13% HST

# Ki-energy Circulation Meditation

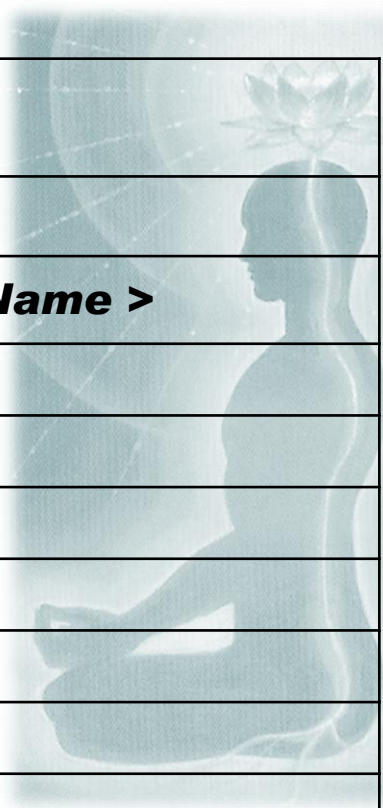
**When: July 23<sup>rd</sup> (Sat), 1:30pm~3:30pm**

**Where: East Centre**

**Fee: \$60 + 13% HST**

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## ChunBuKyung Chanting Meditation

**When: July 23<sup>rd</sup> (Sat), 4:00pm~6:00pm**

**Where: East Centre**

**Fee: \$60 + 13% HST**



**< Name >**

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# 7 weeks Healing Project

## 12 Meridian Healing Qi-gong



Meridian is





# Belly Button HEALING

Unlocking Your Second Brain for a Healthy Life



## Gut Health = Total Body Health

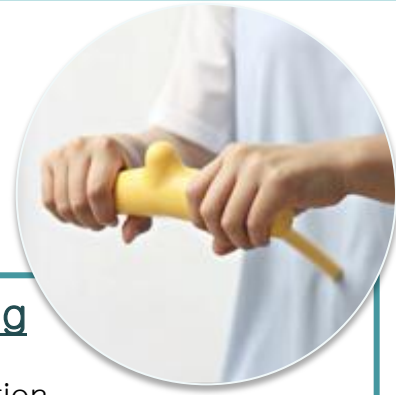
“All disease begins in the gut.”

– Hippocrates

Your gut produce:

- Over 90 percent of the body’s **serotonin**, the happiness hormone
- 50% of **dopamine**, the joy hormone.

The easiest and simplest way is to stimulate your belly button



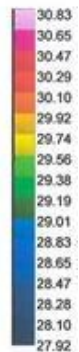
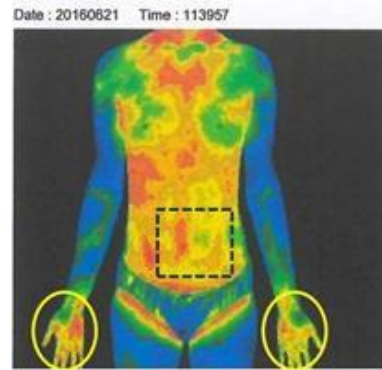
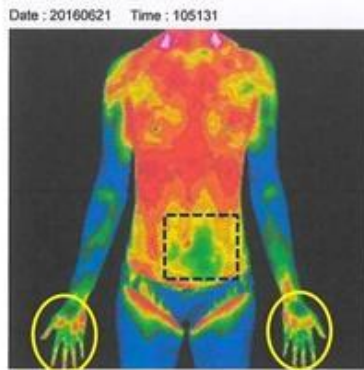
### 10 Benefits of Belly Button Healing

1. Better Mood
2. More Energy
3. Enhanced Digestion
4. Faster Detoxification
5. Hormone Balance
6. Increased Blood Circulation
7. Pain Relief from the Neck, Shoulders & Back
8. Quiet and Clear Mind
9. Stronger Immunity
10. Greater Inner Peace

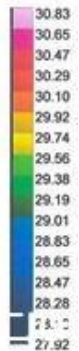
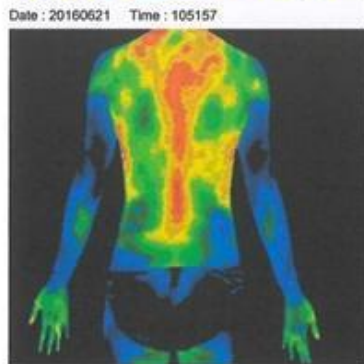
Before Belly Button Healing

After Belly Button Healing

Front Side of Upper body



Back Side of Upper body

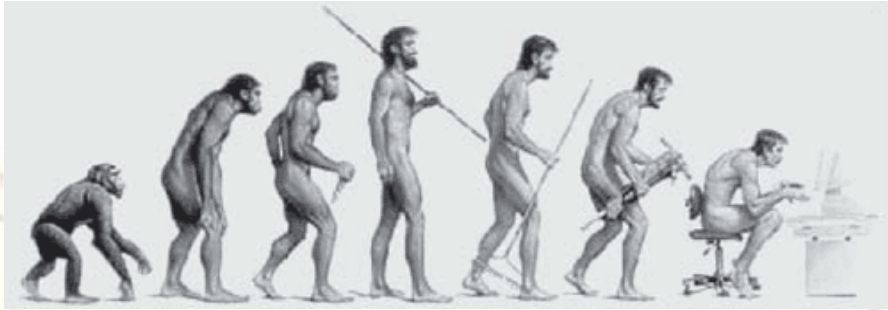


\*Fee: \$150 + 13% HST  
– Belly Button Healing Kit(\$115) Included



# Qi-Position Therapy

Position Therapy is a type of body movement that integrates anatomical alignment and Qi circulation. Enjoy some quick tune-ups with this energetic and healing mind-body practice that is an adaptation of ancient Eastern traditions.



Jo Shin(control of body)



Jo Shik(control of Breath)



Jo Shim(control of mind)

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Correct posture and movement is very important in improving your overall health but did you know that it is also directly affects your energy training?

Incorrect posture creates tension in your muscles and in your skeletal structure, causing suppression to the flow of energy and blood. This, in turn, makes it difficult to control our breathing and concentration of consciousness.

If you want to improve your *Jo Shin* (control of body), you need to release all tension from shoulder and hip joints. As these are major joints, we release tension first here, followed by all remaining joints.

When you are awakened to the profound and true principle of *Jo Shin*, you will find it very easy and natural to control your *Jo Shik* (breath) and your *Jo Shim* (mind).

Fee: \$100 + 13% HST

