

The Qigong Institute and Kahuna Valley present...

Qigong

healing exercise for the body and soul



taught by

Francesco Garri Garripoli

Author of “Qigong – Essence of the Healing Dance”, Emmy Award-winner, and producer of the PBS Documentary “Qigong – Ancient Chinese Healing for the 21st Century”

Date: **Saturday, January 20, 2007**

Time: **9:30 am to 4:00 pm**

Place: **Pilates Center of Olympia**
515 State Ave NE, Olympia, WA (360) 352-3444

Cost: **Suggested tax-exempt donation to Kahuna Valley: \$95 advanced/\$115 day of**

This all-day intensive is a great opportunity to bring in the New Year and focus on the core fundamentals of Qigong, the ancient and powerful system from China for self-healing, stress management, and personal awakening... while supporting a good non-profit cause at the same time.

Francesco is teaching in Washington State for the first time in several years, and, in his joyful and sincere style, will share practical instruction in Qigong in a way that goes beyond form and reaches to the essence of this wonderful healthcare practice. A variety of styles, exercises, and breathing techniques from his award-winning DVD series will be taught, with the intent of deepening your innate sense of energy healing. If you are ready to affect positive change in your life, this approach may help you reach a clearer sense of how to bring the principles of Qi into everyday action for preventative healthcare and effective healing.

Francesco Garri Garripoli... left a medical school scholarship in 1977 to begin his formal study of energy healing with a Master in Hawaii and teaches throughout North America, China and Japan. He spent two years studying and filming in China while creating the award-winning Qigong documentary which airs on Public Television. Current president of the non-profit Qigong Institute, Francesco is the author of *Qigong - Essence of the Healing Dance* and *Tao of the Ride - Motorcycles and the Mechanics of the Soul* and has studied Qigong and Eastern healing arts for 30 years.

As Chairman of the non-profit, tax exempt Kahuna Valley organization and retreat on the garden island of Kaua'i, Hawaii, Francesco oversees various educational mentoring programs for children and teens in the area of health, energy work, & self empowerment. Proceeds from this event will support these programs.

To make reservations for this class, please email us at info@kahunavalley.org or call toll free (800) 723-1927 to reserve your place at this limited attendance event.

If you would like more information on Qigong events, classes, instructional DVDs, or our annual Qigong Study Trips to China, we welcome you to visit our websites at www.wuji productions.com and www.kahunavalley.org More information on Qigong is also available at www.qigonginstitute.org.
Wishing you much peace, joy and good health...