



Daisy Lee

**Qigong Teacher &
Wellness Coach**

Radiant Lotus Qigong



A Women's Health & Empowerment Workshop

...cultivate feminine strength, flexibility, emotional and physical balance, passion for life, and compassion for self and others with this powerful Women's Qigong...

Date: Thursday, December 13, 2007
Time: 10 am to 1 pm
Location: Highlands Country Club - 110 Hiller Drive, Oakland, CA
To Register: Send a check for \$60 to Barbara Riley, 349 Glorietta Blvd, Orinda, CA 94563. (Phone 925.254.3368)

- **Meridian "Tap & Slap"** to wake up the body's immune response.
- **Breast Self-Massage...** to improve circulation, lymphatic drainage and toxin release.
- **Specific Exercises** to increase the strength and elasticity of the uterus for improved reproductive health and bladder control. Helpful for irregular periods as well as incontinence.
- **Pressure points** to alleviate menstrual pain and back pain
- **Emotional Release Techniques** - using breath, movement and vocals to clear stagnation from the heart and lungs, especially helpful for releasing grief or anger.
- **Flying Phoenix:** an empowering woman's qigong form that facilitates the release of toxins while balancing female hormones
- **Kwan Yin Closing Movement** - this signature movement reminds practitioners to return to their natural state of loving compassion
- **DVD's, recipes and handouts will be available in class.**

Daisy Lee owns and operates a healing retreat on the Hawaiian island of Kaua'i and teaches Qigong regularly in China, Japan, Australia and North America. Her Qigong DVD series have won multiple instructional media awards (Telly and AEGIS), and have been used in hospitals, schools, corporations and prisons where stress levels are highest. For more information on Daisy and her work, visit www.kahunavalley.org or her upcoming blog site www.radiantlotusqigong.com