



Spring Forest Qigong Presents

A one-day workshop with Master Chunyi Lin
and Glenn and Katrina Tobey

Emotions—Doorway to Healing, Health, and Balance

Does it seem like an impossibility for you to feel gratitude for how your emotions contribute to making your life happier and more loving? Are you searching for practical tools and techniques to help you grow emotionally? Spend a day with Master Chunyi Lin and friends in the healing energy of Spring Forest Qigong to jump start your journey to health.

Although you may often feel overwhelmed by your emotions, their contribution to a balanced

life is enormous and developing a perspective of gratitude toward them is both liberating and healing.

This workshop is an ideal environment to explore your emotions with experienced teachers who are dedicated to providing a deep learning and healing experience. Join us for a one-day workshop that is sure to positively impact your life in 2010 and beyond.

Date: Friday, February 19

Time: 8:30 a.m.-4:30 p.m.

Location:

**Holiday Inn & Suites
International Airport Hotel
3 Appletree Square
Bloomington, MN 55425
952-854-9000**

Price: \$85.00

To register:

Online www.springforestqigong.com
Phone 952-593-5555

Deepen your healing experience

Along with practical tools and techniques to help your emotional growth, this workshop will also provide a deepening and healing experience through sharing and meditation.

Program

- 8:30 a.m. Welcome and opening meditation
Master Lin
- 9:00 a.m. Healing emotions and your SFQ practice
Glenn Tobey
- 9:00 a.m. Healing emotions and your SFQ practice
Glenn Tobey
- 9:25 a.m. Physiology of emotions
Katrina Tobey
- 10:00 a.m. Break

- 10:15 a.m. Healing emotions from an Eastern perspective
Master Lin

- 11:00 a.m. Questions and story sharing

- 11:30 a.m. Meditation
Katrina Tobey

- 12:00 p.m. Lunch on your own

- 1:15 p.m. Emotions / forgiveness exercise
Master Lin

- 1:45 p.m. Small group discussion of aha moments
Katrina Tobey

- 2:30 p.m. Break

- 2:45 p.m. Teaching through questions and stories
Master Lin, Glenn and Katrina Tobey

- 3:30 p.m. Healing meditation
Master Lin

- 4:00 p.m. Closing
Master Lin

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