

Emotions—Doorway to
Healing, Health, and Balance

*Back by popular demand,
Master Chunyi Lin will once again join
Glenn and Katrina Tobey for a special
one-day workshop on emotions and
their role in our lives.*

*Whether this is your first emotions
workshop or you've attended before,
you will walk away with a deepened
understanding of and gratitude for how
your emotions*

- *hold the keys to healing*
- *contribute to health*
- *help you stay in balance*

*This workshop will include lecture,
sharing, and meditation and is open to
everyone—no Spring Forest Qigong
experience is necessary.*

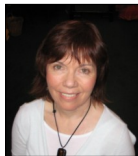
Master Chunyi Lin

Certified international qigong
master and founder of Spring
Forest Qigong



Katrina Tobey, L.P.

Licensed psychologist, and
marriage and family therapist,
specializing in healing work for
trauma, grief and family health



Glenn Tobey, M. Div., M.A.

Licensed Independent Clinical
Social Worker with almost 40
years of experience in the hu-
man service field



Spring Forest Qigong

7520 Market Place Drive
Eden Prairie, MN 55344

Phone: 952-593-5555
Fax: 952-593-5557
E-mail: events@springforestqigong.com

**Spring Forest
Qigong Presents**

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

**Emotions—
Doorway to Healing,
Health, and Balance**



Date:

Friday, February 19, 2010

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**

Emotions—Doorway to Health, Healing, 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.

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

9:25 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 Tobey, Katrina Tobey

3:30 p.m. Healing meditation
Master Lin

4:00 p.m. Closing
Master Lin

Registration & Information

Registration Fees	Price	Qty	Total
<input type="checkbox"/> Regular	\$85.00	_____	_____
<input type="checkbox"/> Guild Member	\$76.50	_____	_____
<input type="checkbox"/> Certified Instructor	\$72.25	_____	_____
			Total: _____

Name _____

Address _____

Phone _____

Email Address _____

Additional participant name _____

Additional participant name _____

Method of Payment

- Check
- Discover
- Visa
- MasterCard
- American Express

Credit Card # _____ Exp. date _____

Signature _____

To register

Online www.springforestqigong.com

Fax 952-593-5557

Phone 952-593-5555

Questions? Call Customer Service at 952-593-5555

Spring Forest Qigong

7520 Market Place Drive
Eden Prairie, MN 55344

Phone: 952-593-5555

Fax: 952-593-5557

E-mail: events@springforestqigong.com