

Spring Forest Qigong Cancer Healing Retreat

Speakers and Agenda



International Qigong Master Chunyi Lin is the creator and founder of Spring Forest Qigong. His life story, *Born a Healer*, has been a #1 Amazon.com bestseller, and he is the co-author, with Dr. Nisha Manek of the Mayo Clinic, of a chapter on qigong and healing in the *Textbook of Complementary and Alternative Medicine, 2nd Edition*. He teaches Spring Forest Qigong nationally, and he is a frequent keynote speaker at conferences on health and wellness. People from around the world come to the Spring Forest Center in Minnesota. Master Lin has dedicated his life to his vision of “a healer in every family and a world without pain.”

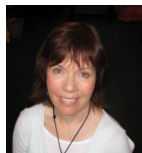
Master Lin will be joined by Sheila Judd, Glenn Tobey, and Katrina Tobey as well as many SFQ master healers and instructors.



Sheila Judd is an SFQ master healer, level two. She is the Director of Integrative Health & Healing programs, at Anoka-Ramsey Community College where she was instrumental in developing the credit programs in Integrative Health and Healing. She holds a B.A. in Business/Marketing and a M.A. in Human Resource Development/Organization Development.



Glenn Tobey, M. Div., M.A. in Management, is a licensed independent clinical social worker, currently working in private practice in Duluth, Minnesota. He has worked in the human services field for almost forty years. He has also taught at the college level and conducted numerous workshops and training sessions in various community settings. Glenn is a frequent contributor at SFQ events.



Katrina Tobey, L.P., has been a licensed psychologist since 1990 and a marriage and family therapist since 1998, specializing in healing work for trauma, grief, and family health. Katrina is an SFQ Level One certified instructor. She recently taught the “Spring Forest Qigong and Forgiveness: Setting Your Heart Free” workshop with Master Lin and is also a facilitator of SFQ instructor certification training.

Our volunteers help make this a special event:

One of the unique things about the Cancer Healing Retreat is the generous outpouring of support by the SFQ master healers and instructors. They will be offering free individual healings and Qi-ssage sessions throughout the retreat.

What is a “collaborative lecture”?

Master Lin believes that by offering lectures in a collaborative format—with several speakers offering their expertise on a given topic—you gain the advantage of learning from their different perspectives and unique experiences.

SFQ Cancer Healing Retreat Agenda

Friday, April 30, 2010

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| 9:00 - 10:00 a.m. | Registration and gathering | . |
| 10:00 - 10:30 a.m. | Welcome and introductions | Master Chunyi Lin |
| 10:30 - 11:20 a.m. | Understand Cancer, Understand Life | Master Chunyi Lin |
| 11:20 - 11:30 a.m. | Break | |
| 11:30 - 12:00 p.m. | Healing meditation | Master Chunyi Lin |
| 12:00 - 1:30 p.m. | Lunch provided by SFQ | |
| 1:30 - 3:30 p.m. | Collaborative lecture: What is Cancer? Where Does it Come From? | Master Chunyi Lin, Sheila Judd, Glenn Tobey, and Katrina Tobey |
| 3:30 - 3:45 p.m. | Break | |
| 3:45 - 4:15 p.m. | Sharing stories | |
| 4:25 - 5:00 p.m. | Healing meditation | Master Chunyi Lin |
| 5:00 p.m. | Dinner on your own | |
| 7:30 - 8:30 p.m. | Meditation (optional) | Master Jim Nance |

Saturday, May 1, 2010

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| 7:30 - 8:30 a.m. | Active exercise (optional) | . |
| 9:00 - 9:10 a.m. | Gathering and announcements | Master Chunyi Lin |
| 9:10 - 10:30 a.m. | Collaborative lecture: Healing Your Heart, Healing Your Fears | Master Chunyi Lin, Sheila Judd, Glenn Tobey, and Katrina Tobey |
| 10:30 - 10:45 a.m. | Break | |
| 10:45 - 11:30 a.m. | Sharing stories | |
| 11:30 - 12:00 p.m. | Healing meditation | Sheila Judd |
| 12:00 - 1:30 p.m. | Lunch provided by SFQ | |
| 1:30 - 1:40 p.m. | Gathering and announcements | Master Chunyi Lin |
| 1:40 - 3:30 p.m. | Collaborative lecture: Love Yourself to Heal Your Cancer | Master Chunyi Lin, Sheila Judd, Glenn Tobey, and Katrina Tobey |
| 3:30 - 3:45 p.m. | Break | |
| 3:45 - 4:15 p.m. | Sharing stories | |
| 4:25 - 5:00 p.m. | Healing meditation | Master Chunyi Lin |
| 5:00 p.m. | Dinner on your own | |
| 7:30 - 8:30 p.m. | Meditation (optional) | Master Jim Nance |

Sunday, May 2, 2010

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| 7:30 - 8:30 a.m. | Active exercise (optional) | . |
| 9:00 - 9:10 a.m. | Gathering and announcements | Master Chunyi Lin |
| 9:10 - 10:30 a.m. | Collaborative lecture: Healing Techniques | Master Chunyi Lin, Sheila Judd, Glenn Tobey, and Katrina Tobey |
| 10:30 - 10:45 a.m. | Break | |
| 10:45 - 11:30 a.m. | Sharing stories | |
| 11:30 - 12:00 p.m. | Healing meditation | Katrina Tobey |
| 12:00 - 1:30 p.m. | Lunch provided by SFQ | |
| 1:30 - 1:40 p.m. | Gathering and announcements | Master Chunyi Lin |
| 1:40 - 2:15 p.m. | Closing statements: Encouraging Healing in Love and With Joy | Master Chunyi Lin, Sheila Judd, Glenn Tobey, and Katrina Tobey |
| 2:15 - 2:30 p.m. | Break | |
| 2:30 - 3:30 p.m. | Lotus meditation | Master Chunyi Lin |

