

Spring Forest Qigong Cancer Healing Retreat



SFQ

SPRING FOREST QIGONG

April 30-May 2, 2010

Minneapolis Airport Marriott
2020 American Boulevard East
Bloomington, Minnesota 55435

Experience a Transformation

The Spring Forest Qigong Cancer Healing Retreat offers a chance to immerse yourself in SFQ teachings with Master Chunyi Lin. Your view of cancer transforms as you take part in healing meditations, informative lectures, and valuable sharing time—all focused on the healing process for cancer.

Who should attend this retreat?

- Patients
- Health care providers
- Educators
- Caregivers
- Energy healers
- Therapists



What will the retreat cover?

- Understand Cancer, Understand Life
- What is Cancer and Where Does it Come From?
- Healing Your Heart, Healing Your Fears
- Love Yourself to Heal Your Cancer
- Healing Techniques: Meditation, Nutrition, Qigong Exercises, and Support Systems

When and Where?

Friday, April 30–Sunday, May 2, 2010
10:00 a.m. on Friday through 3:30 p.m. on Sunday

Minneapolis Marriott Airport
2020 American Boulevard East
Bloomington, Minnesota 55425

Registration (includes lunch all three days)

Full Retreat: ~~\$319~~ - **reduced to \$189**

To register call 952-593-5555 or visit
www.springforestqigong.com

Comments from last year's retreat:

"I liked everything – this is my first contact with SFQ and I feel sure it will change my whole life."

"The retreat changed my view of the cancer itself."

"I am so grateful for his (Master Lin's) teaching, for all the hard work of everyone who organized this retreat, and for the opportunity to come here and put my life in a better direction. Truly I am blessed!"



International Qigong Master Chunyi Lin is the founder of Spring Forest Qigong. At the SFQ Center in Eden Prairie, Minnesota, Master Lin teaches and assists people from all over the world who come to him with cancer as their concern.

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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.”

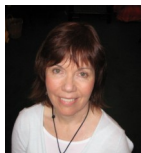
Master Lin will be joined by Sheila Judd, Glenn Tobey, and Katrina Tobey as well as many SFQ master healers and instructors.



Sheila Judd is the director of education and marketing at SFQ and an SFQ master healer, level two. In her previous position at Anoka-Ramsey Community College she was instrumental in developing the Integrative Health and Healing credit programs. 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 1989 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

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

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

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

