



SPRING FOREST QIGONG

September 17-18, 2010
Des Moines, Iowa

Des Moines Area Community College
2006 South Ankeny Boulevard
Ankeny, Iowa 50023

Born A Healer Workshop



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*. In 2010 Master Lin was named Qigong Master of the Year at the 12th World Congress on Qigong and Traditional Chinese Medicine.



Born A Healer Workshop

Saturday, September 18
8:30 a.m.-4:30 p.m.

Building 6 - Auditorium

\$175

Experience the wonderful healing energy of Master Chunyi Lin as he guides you through the day and shares with you his philosophy that “you were born a healer.”

- Learn that everything in the universe, including every cell in your body, is a form of energy and is constantly in the process of transforming.
- Experience how your body’s energy system works and begin to build a solid energy foundation.
- Learn how to use the power of your breathing, your mind, and simple movements to enhance and balance the flow of your energy.



Qi-ssage Workshop

Friday, September 17
12:00 p.m.-5:00 p.m.

Building 7 -
Walnut Room

\$95

Learn to combine the energy principles of qigong with the art of massage, using your hands, head, and heart to help heal yourself and others.

The Healing Power of Love Meditation with Master Chunyi Lin

Experience what Gandhi called “the most powerful force the world possesses”—the power of unconditional love.

Healing Meditation

Friday, September 17
7:00 p.m.-9:00 p.m.

Building 6 - Auditorium

Free and open to the public

**Register early to ensure your space:
online at www.springforestqigong.com
or by calling 952-593-5555.**



Born A Healer Workshop

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Des Moines Area Community College
2006 South Ankeny Boulevard
Ankeny, Iowa 50023

Friday, September 17

Qi-ssage Workshop

\$95

12:00 p.m.-5:00 p.m.

Location: Building 7, Walnut Room. Park in Lot K.

Instructors: Sheryl Scheller and Mary Zelmer

Join us beginning Friday afternoon for a **Qi-ssage Workshop** where you will learn to combine the energy principles of qigong with the art of massage.

Friday evening enjoy the wisdom and energy of Master Chunyi Lin as he guides you through a healing meditation.

The Healing Power of Love Meditation led by Master Chunyi Lin

7:00 p.m.-9:00 p.m.

Location: Building 6, Auditorium



7:00-7:15 p.m.	Welcome	Kevin Thoren
7:15-7:45 p.m.	"Healing Power of Love"	Chunyi Lin
7:45-8:00 p.m.	Self-care break	
8:00-9:00 p.m.	Meditation	Chunyi Lin

Visit our website for more information on registration and nearby lodging.

www.springforestqigong.com

Questions? Call 952-593-5555.

Saturday, September 18

Born A Healer Workshop presented by Master Chunyi Lin

\$175

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

Location: Building 6, Auditorium

8:30-9:00 a.m.	Registration and Check-in
9:00-9:15 a.m.	Welcome and Overview by Kevin Thoren
9:15-10:10 a.m.	"You Were Born a Healer"
10:10-10:40 a.m.	"Power of Energy Breathing"
10:40-11:00 a.m.	Self-care break
11:00-12:00 p.m.	"Power of Your Mind and Power of Qi Movement"
12:00-12:30 p.m.	Meditation
12:30-1:45 p.m.	Lunch (on your own)
1:45-2:00 p.m.	Sharing stories
2:00-3:00 p.m.	Qi-ssage: Learn to locate the four key energy points
3:00-3:15 p.m.	Self-care break
3:15-4:00 p.m.	"Key to Healing: Power of Love"
4:00-4:30 p.m.	"Love in Action: Being a Love Radiator"

At the **Born A Healer Workshop** on Saturday you will experience the wonderful healing energy of Master Chunyi Lin as he guides you through the day and shares with you his philosophy that "you were born a healer."

Through hands-on experience, lecture, and demonstration you will:

- Learn to feel the flow of energy in your body and how to direct that flow
- Learn the simple "password" that can connect you with the infinite source
- Learn how to unify your mind, body, and heart so you can connect with the most powerful healing energy in the universe
- Learn how to direct the flow of your energy to help others
- Learn four key energy points and how to stimulate them to help detoxify your body and gain energy quickly
- Learn how to put love in action for yourself, your family, your community, and the world



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Spring Forest Qigong • 7520 Market Place Drive • Eden Prairie, MN 55344

952-593-5555 • www.springforestqigong.com