



Spring Forest Qigong

September 24-26, 2010

Duluth, Minnesota

Edgewater Resort and Waterpark
Lake Superior Conference Room
2400 London Road
Duluth, Minnesota 55812

Men and Spring Forest Qigong

Spring Forest Qigong will serve as the guiding philosophy in this day-long event for men and those who care about them. You will learn how energy works in a mans body, how to balance this energy, and how to develop a life with deeper meaning and connection.



Friday, September 24

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

Edgewater Resort

\$75

Instructor: Glenn Tobey

Healing Meditation with Master Chunyi Lin

Experience the loving energy of Master Chunyi Lin as he shares the healing power of love and leads a powerful healing meditation.

Location: Glen Avon Presbyterian Church

2105 Woodland Avenue

Duluth, Minnesota 55803

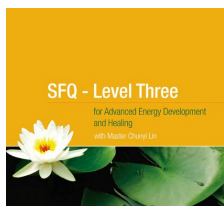
Friday, September 24

7:00 p.m.-8:30 p.m.

\$10 at the door

(Free for those registered for the
Men's Workshop or the
SFQ Level Three Workshop)

SFQ Level Three Workshop



Learn more powerful and advanced methods of collecting universal energy as well as ways to detect serious energy blockages that may cause tumors, stones, strokes, anxiety, and other health problems. *This workshop is available for those who have completed SFQ Level Two.*

Saturday, September 25

8:30 a.m.-4:00 p.m. and

Sunday, September 26

8:30 a.m.-3:00 p.m.

Edgewater Resort

\$195

Instructor: Master Chunyi Lin

Common Ground: Many Ways of Healing

An intimate conversation between Master Lin and tribal healers about the modern applications of ancient healing ways. Come and listen to a unique conversation among people deeply committed to healing.

Saturday, September 25

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

Edgewater Resort

\$10 at the door

(Free for those registered for the
Men's Workshop or the
SFQ Level Three Workshop)

Register now at

www.springforestqigong.com

or call 952-593-5555.

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



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

952-593-5555 • www.springforestqigong.com

Spring Forest Qigong in Duluth

Edgewater Resort and Waterpark
Lake Superior Conference Room
2400 London Road
Duluth, Minnesota 55812

Friday, September 24

Men and Spring Forest Qigong **\$75**

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

Instructors: Glenn Tobey with Patrick Dougherty

Who should attend

Men and those who care about them.

What will you experience throughout the day

Spring Forest Qigong (SFQ) will be the guiding philosophy throughout the day. You will learn life-changing tools and techniques including body/mind training and powerful meditation skills to balance your energy. Living your life from the inside out will lead you to improved relationships in your personal and work life and will strengthen your leadership within your community. The focus of the workshop will be based on your exploration of how your inner life guides your outer life. You will also deepen your understanding of how your heart guides your mind in decision making.

What you will learn

- How SFQ tools and techniques contribute to well-being in your daily life in any setting, at home or at the workplace, leading to improved health and longevity
- How the energy works in a man's body and its influence on mental sharpness and physical stamina
- How emotions such as fear and anger can be the trigger that activate positive change in your life
- How increasing your concentration, focus, and discipline improves both internal strength and power
- How opening your heart helps your mind in making decisions
- How to develop an inner business plan and mission statement to balance an outer one—establishing a leadership and work plan of the heart
- How to put love into action and create deeper connections to others

SFQ is a simple yet very powerful energy practice focused on balancing the physical, emotional and spiritual components of your life.

Saturday & Sunday, September 25-26

SFQ Level Three Workshop **\$195**

Saturday, September 25: 8:30 a.m.-4:00 p.m.

Sunday, September 26: 8:30 a.m.-3:00 p.m.

This workshop is available for those who have completed SFQ Level Two.

In Level Three you will learn additional healing techniques such as:

- Color and group healing
- Purpose and techniques of fasting
- More powerful ways of collecting universal energy
- Reading a person's aura and "third eye opening" training
- The basic theory of universal energy - the emptiness/oneness
- Long distance energy blockage detecting and long distance healing techniques

And much more!

Common Ground: Many Ways of Healing

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

\$10

You won't want to miss this intimate conversation between Master Lin and tribal healers. They will be discussing modern applications of ancient healing ways.

Meet Your Instructors

Glenn Tobey, M. Div., M.A. in management, is a licensed independent clinical social worker currently 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.



Patrick Dougherty, M.A., L.P., is a licensed psychologist with more than 30 years of clinical experience. He has been a student of Master Lin since 1996. Patrick is also the author of two books, *Qigong in Psychotherapy: You can do so much by doing so little*, and his newly released book, *A Whole-Hearted Embrace: Finding Love at the Center of It All*.



Healing Meditation **\$10**

led by Master Chunyi Lin

7:00 p.m.-8:30 p.m.

Location: Glen Avon Presbyterian Church
2105 Woodland Avenue, Duluth, Minnesota

7:00-7:15 p.m.	Welcome	Glenn Tobey
7:15-7:30 p.m.	Healing Power of Love	Chunyi Lin
7:30-8:30 p.m.	Meditation	Chunyi Lin

Location

Edgewater Resort and Waterpark
Lake Superior Conference Room
2400 London Road, Duluth, Minnesota 55812
(800)777-7925

Lodging

Room rates: \$109

Rooms must be reserved by August 24 to qualify for the special rate. Please ask for the Spring Forest Qigong rate.