

# Spring Forest Qigong Healing Retreat

**Healing Yourself, Healing Others, Healing the World**

October 3-8, 2010 • Park Plaza Hotel • Bloomington, Minnesota

**Who should attend?**

Those seeking physical, mental, emotional, and spiritual healing. No prior knowledge or experience necessary. People with all levels of experience are invited to join us!

**What will you experience?**

Come gather with us for an experience of healing, personal growth, transformation, connection, and renewal. Master Chunyi Lin guides you through this powerful healing retreat as he shares with you his philosophy that “you were born a healer.” Throughout the retreat you will gather knowledge and wisdom as you learn to incorporate the benefits of Spring Forest Qigong into your life, leading you to happiness and joy. You will learn tools and techniques for healing yourself, others, and the world.

Through a blend of presentations, interactive experiences, and meditation you will:

- Experience love, what Gandhi called “the strongest force the world possesses”
- Learn how to unify your mind, body, and heart so you can connect with the most powerful healing energy in the universe
- Learn to open your heart and live a more full and joyful life
- Transform depression, anxiety, fear, anger, and worry
- Enhance physical energy, mental clarity, and emotional balance
- Strengthen your ability to focus and direct your energy to heal yourself and to help others heal
- Gain simple tools and practice techniques to incorporate SFQ into your daily life to feel more connected, fulfilled, and happier
- Connect with other like-minded individuals as you create a deep and nurturing healing experience for yourself
- Connect with SFQ master healers who will help you deepen your retreat experience on a more personal level in smaller group settings
- Learn how to put love in action for yourself, your family, your community, and the world



**Registration information**

Online at [www.springforestqigong.com](http://www.springforestqigong.com)

By phone at 952-593-5555

**Register by July 31 (Early Bird): \$895**

Register between August 1 and September 10: \$1,050

Register after September 10: \$1,200

Guild and certified instructor discounts available

3-month payment plan available (please call SFQ at 952-593-5555 to set up)

**Ask the Master Special Dining Package:**

Take this opportunity to join Master Lin and the SFQ master healers in an intimate small group setting and ask questions to deepen your healing experience. You will have one meal with Master Lin and your other meals will be with a designated master healer. This package includes four lunches and three dinners for \$220 (includes tax and tip). We have a limited number of these meal packages, so register today!

*Please note:* During the retreat there will be one fasting day. Meals may be purchased if you choose not to participate.

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Special Early  
Bird Pricing!

October 3-8, 2010

## Retreat Program

Check-in and registration will be from 5:00 p.m.-6:00 p.m. on Sunday evening, with the welcome and opening session beginning at 7:00 p.m. The retreat adjourns on Friday afternoon at 3:30 p.m. after the powerful Lotus Meditation. Renew and energize yourself each morning by joining in guided healing exercises. Ignite your healing potential with the blend of presentations, interactive experiences, and meditations taking place throughout the day. Connect with unconditional love each evening as Master Lin guides you in a healing meditation to conclude the day. SFQ master healers will also be sending you healing energy throughout the retreat.

The entire week is designed for you to connect with other like-minded individuals and experience tools and techniques to create a deep and nurturing healing experience. You will also have the opportunity to practice the healing techniques on others as well as learn essential techniques for healing the world. But don't take it all seriously; you'll also have fun!

Days 1 and 2 – Self Healing

Day 3 – Healing Others

Day 4 – Healing the World

Day 5 – Love in Action

## Deepening Your Healing Experience

Throughout the entire retreat you will benefit from Master Lin's powerful healing energy during his presentations as well as from the personal healing he provides in daily and evening meditations. You will also have the opportunity to meet and connect with many SFQ master healers who have been hand-selected by Master Lin himself. Each master healer has incredible healing energy, knowledge, and wisdom. Smaller group experiences with the master healers have been designed to support your personal healing and to provide opportunities to deepen your understanding through Q & A.



## Hotel information

Park Plaza Hotel  
4460 West 78th Street Circle  
Bloomington, Minnesota 55435  
Special room rate: \$98  
Park Plaza Hotel phone: 952-831-3131  
Website: [www.parkplaza.com/bloomingtonmn](http://www.parkplaza.com/bloomingtonmn)

## Transportation

Park Plaza Hotel provides an airport shuttle to the Minneapolis-St. Paul Airport

Park Plaza Hotel is conveniently located near the intersection of I-494 and France Avenue. A map and directions are available on the website at: [www.parkplaza.com/hotels/mnbloprk/locations](http://www.parkplaza.com/hotels/mnbloprk/locations). A link is also provided on the SFQ website.

## CEU information

CEU information forthcoming