

Chinese Soaring Crane Qigong, Level I

with JoAnn Albrecht



Sunday, Oct 30, Nov. 6 & 13, 2005

1:00 – 5:00 pm

Learn the five routines of Soaring Crane Qigong, two Remedy Routines, and two qigong lying down meditations. The Five Routines contain the essential techniques of Chinese Soaring Crane Qigong which help develop the power of one's mind, open the acupoints, clear the meridians, and improve blood flow to nourish muscles, bones, arteries and veins. Those who have chronic illnesses such as arthritis, sciatica, gastritis, headaches, diabetes, cancer and other health conditions can benefit. Soaring Crane integrates body, mind and spirit. As the mind guides the movements, the qi (vital energy) follows. The purpose of the Five Routines is to exercise your muscles, bones and skin externally. Equally as important, internally, the movements refine one's mind and energy, while also massaging the inner organs through gentle movements. It is especially beneficial for those who do not have health insurance as it gives them a skill to maintain health, heal quicker, and become more peaceful. Join those below who have used qigong to complement Western medical treatments.

"...my lung capacity has improved dramatically..." J, Oregon

"...one of the liver enzymes is back in the normal range and the other is getting closer." JB, Hepatitis patient

"...my cataract in my right eye is gone and no surgery." BA, Oregon

"...qigong lead to my recovery from fibromyalgia and chronic pain." R, Montana

"...the exercises helped the pain of arthritis in my hands..." S, Oregon

"...Because of qigong, I am now seizure free with a completely normal EEG." L, Oregon

"...the laying down relaxation qigong helped relieve anxiety and allowed me to sleep in the hospital before cancer surgery." S, Newberg

JoAnn Albrecht is a Certified Qigong Instructor by the Oregon College of Oriental Medicine and has done extensive study and instruction in China and Tibet. She is a healing apprentice of Master Wang Zi-Sheng Rinpoche, qigong master and founder of the International Tibetan Qigong Association and Professor Chen Hui-Xian, former director of OCOM's Qigong Teacher Training Program and founder of Wisdom and Peace Wellness Center. Her passion is teaching people the skills they need to gather energy for health and healing using qigong. She teaches qigong at community colleges, senior centers, and to individuals wanting a way to take care of their health and/or integrate a powerful body/mind/spirit technique into their lifestyle.

Class Location: The class will be held on a beautiful secluded area just outside of Newberg. Directions will be given upon receipt of registration.

Registration Form

Name _____

Address _____

City _____ State _____ Phone _____

Email Address _____

\$175.00 tuition (includes Level I book and cassette)

\$140.00 for students & beings over 60 years

\$80.00 for students who repeat the class.

No student will be turned away for lack of funds, payments can be arranged

Enclose your deposit of \$30.00 (nonfundable)

Enclose the full tuition (no refund after 10/17)

Please make check payable to **Qigong Educational Services, LLC**. Complete and detach this form and mail to JoAnn Albrecht, Qigong Educational Services, LLC, PO Box 643, Sherwood, OR 97140. If you wish to register by email, please send your registration information to joann@qiheals.com and mail your check.

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