

# EMEI QIGONG

## WORKSHOP FOR HEALING OF THE KIDNEY & LIVER



# 峨 嵋 氣 功

### *What is Emei Qigong?*

Qigong is an ancient Chinese system of strengthening the body's energy. Emei Qigong is a comprehensive system of Chan (Zen) style qigong consisting 800 years of non-broken lineage of teachings and techniques. Through the practice of movements, breathing, and mind-intention, Emei Qigong accelerates our natural healing abilities.

### *What You will Gain from this Workshop?*

As opposed to macro-training of qigong that works on the overall well-being of the body, micro-training works directly on specific organ(s) and therefore works quicker and more effectively for specific ailments. The Emei micro-training techniques include both moving and still practices. In this workshop, you will learn the Kidney Micro-Training, Liver Micro-Training, and one of the Six Special Emei Practices called Tiger Walk. The Tiger Walk is a moving qigong that is especially effective for lumbar and knees issues due to a weakening kidney and/or liver.

- Day One of the workshop will focus on the theory and techniques.
- Day Two of the workshop will focus on practicing of the techniques.

### *Who Should Attend?*

- People with chronic kidney and/or liver disease(s).
- People with chronic bladder and/or gallbladder disease(s).
- People with issues involving the brain, bone, marrow, tendon, immune or nervous system.
- People with some of the following indications:
  - Soreness and weakness or cold sensation of the knees and lumbar region, dizziness or ringing in the ears, hearing problems, dry mouth and throat, excessive hot or cold limbs, abnormal sweat, constipation, seminal emission, aversion to cold, fatigue, difficulty in urination, incontinence, impotence, infertility, hair loss, easily fear or shock.
  - Tremor or involuntary movements of the limbs, dizziness or headaches due to high blood pressure, stroke, Parkinson's disease, rheumatoid arthritis, dry or red eyes, optic nerve degeneration due to age, dull nails, easily angry or depressed.

### *Workshop Details*

Instructor: Brenda Lee, 14<sup>th</sup> Generation Emei Qigong Teacher  
Day One: Sep 17, 2016 (Sat) - 9am-noon, 1:30-4:30pm  
Day Two: Sep 18, 2016 (Sun) - 9am-noon  
Cost: \$150 if paid by Sep 3, \$180 if paid by Sep 16, \$200 for drop-ins  
Location: Spirit West Studio at 6135 Lakeside Dr, Suite 120, Reno, NV 89511  
Contact: Brenda Lee [EmeiQigongReno@gmail.com](mailto:EmeiQigongReno@gmail.com) 775-997-8608

### *Payment & Refund*

Payment Form: Check payable to Brenda Lee  
Mail Check To: 5880 E. Hidden Valley Drive, Reno, NV 89502 (please include your contact info)  
Refund: 100% if workshop is cancelled  
90% for payment received by Sep 3 upon request  
80% for payment received by Sep 16 upon request  
No refund after the start of workshop

