



峨 嵋 氣 功



EMEI QIGONG

WINTER SOLSTICE KARMIC CLEARING SESSION

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 is Karma and Why Clearing it?

One can think in terms of Cause & Effect. Actions you took in the past are causes affecting your experience today. Often times, these are non-conscious actions and yet the effects will accumulate and can manifest themselves in things such as events or diseases. When past situations have disrupted our energies, it is important to undergo karmic clearing to move on.

What You will do in this Session?

You will follow a guided Emei Qigong meditation specifically for karmic clearing. You can sit on a chair or on the floor. Please wear comfortable cloths, and bring a cushion, a yoga mat, and/or a blanket if needed.

Sample of Benefits

- Attain emotional balance and inner peace
- Increase capacity to express and attract love
- Release of negative behavioral patterns
- Access of higher patterns of consciousness, awareness, and acceptance
- Reprogramming of subconscious belief structures
- Clearing of DNA and blockage to soul growth

Session Details

Facilitator: Brenda Lee, 14th Generation Emei Qigong Teacher & Disciple
Time: December 13, 2019 (Friday) - 5:30-6:30pm
Cost: \$20
Place: [The Chen Center \(6490 S McCarran Blvd #41, Reno, NV 89509\)](#)
RSVP: Brenda Lee EmeiQigongReno@gmail.com 775-997-8608