

September 30th, 2007

10:00-4:30pm

Julie V. Hansen, Certified Instructor

Jade Woman QiGong



Jade Woman QiGong is an effective method of healing that addresses the special needs of a woman's body. It helps to increase blood supply, nourish and cleanse the liver, and helps to heal both physical disease and emotional imbalance.

It is a beautiful and feminine form of gentle movements and mantras that help to reduce weight and treat problems related to gynecology and menopause. The goal of Jade Woman is to increase and purify a woman's blood supply by opening Tan zhong, the secret point identified by Taoists as the source of blood in a woman's body.

While this QiGong form is especially beneficial for women that are pregnant or preparing for pregnancy, the form also benefits anyone (men or women) that suffer from circulation and liver problems.

Workshop Highlights

- ◆ QiGong theory introduction
- ◆ Great self-care
- ◆ Meditative & healing
- ◆ Stress reduction
- ◆ Fun!!!

To Register:

Call 503-201-1910

or visit

www.SacredHealingPath.com

Cost: \$100

Workshop Location:

TBA: Portland, Oregon

Jade Woman QiGong

Registration Form

Name _____

Address: _____

Phone # _____

Email: _____ (fill in only if you are interested in receiving future workshop information or other information from Sacred Healing Path)

Workshop Date: 9/30/07

QiGong when practiced properly is beneficial and presents minimal risk to one's health. Please consult your physician if you are in doubt about your capabilities or have special health concerns. As a participant in this workshop I will inform the instructor if I have any concerns or health issues that may impact my safety in performing this form so that modifications and arrangements can be made to accommodate my needs.

I understand that Julie V. Hansen, LCSW, and Sacred Healing Path, are not liable for harm that may result from my study and practice of Jade Woman QiGong. By signing this form I am releasing Julie V. Hansen, LCSW, and Sacred Healing Path from any liability.

Signature

Date

Workshop Location: Portland, Oregon (TBA)

Cost: \$100.00

Payment Method

- I am enclosing my payment of \$100.00 with a check___
- I have paid on-line www.SacredHealingPath.com___
- I am enclosing a non-refundable deposit of \$20.00 to hold my space and will pay the balance at the workshop___

Please make checks payable to Julie Hansen and enclose the signed registration form:

Sacred Healing Path
PO Box 86321
Portland, Oregon 97206

What to bring~

Please bring layered and comfortable clothing as we will be moving as well as sitting.

Please bring snacks, water and a lunch-though there are great places to eat nearby.

Please bring pen and paper for taking notes.

Please bring your excitement to learn and we will see you there!