

# Qi Revolution *in Baltimore*

Accelerate Your Energy!    Profound Qigong & Yoga Health Training    Food as Medicine

☯ \$99 for 4-Days of AMAZING Qigong Healing ☯



**"Massive Group Energy" Assembles for High-Energy Yoga & Qigong Techniques**

## **QIGONG HEALING & BREATHING APPLICATIONS (Level-1) Sat & Sun**

- \* **Breath Empowerment:** Generate Qi like a master. Feels like "Humming Engine" in belly.
- \* **Empty Force:** Your energy field becomes so palpable - it feels like solid matter.
- \* **Spiral & Press on Qi:** Subtle movements are the REAL KEY to harness Qi-Energy.
- \* **Cloud Hands:** Beautiful practice for strengthening Lungs and opening chest.
- \* **Earth Hands:** Strengthens the hips, legs, & the reproductive center of the body.
- \* **Around the World:** Rotate at waist, spheres of qi are created to boost energy.
- \* **Push Hands:** Energy is projected outside body. Qi gently "pushes" to assist movements.
- \* **Natural Walking Qigong:** Generate Healing Qi by walking naturally in your neighborhood.

*Over 30,000 people  
have experienced  
the strongest energy of  
their lives at this seminar*

## **ADVANCED BREATHING APPLICATIONS (Level-2 & 3) Monday & Tuesday**

- \* **Tumo Breathing:** Build Warmth & Qi-Power in your Navel. Pulsation of Blood & Qi flows down arms & legs.
- \* **Wuji Style Qigong:** Explore 7 Wuji Movements. Create your own Qigong form. "MAGNETIC DANCE" of Qi.
- \* **9-Breath Method:** ULTIMATE Breathing practice. Blissful waterfall of Qi removes stress & negativity!
- \* **Advanced 9-Breath:** Ignite Energy to deepest possible levels. We become PURE SPIRITUAL VIBRATION.
- \* **Healing Others w/9-Breath Method:** Capable of True Miracles. Recipients experience "Flush of Energy".

## **FOOD HEALING**

Asthma, Arthritis, Cancer, Digestive Problems,  
Diabetes and Heart Disease have been  
reversed using food-based protocols.

*In this seminar you'll also receive in-depth training in Food-Healing, the art of using specific foods to reverse specific diseases. Millions worldwide have reversed the worst diseases with food alone. You will learn this wisdom in precise detail & share it w/others.*

*"I have 30 Years Experience in Yoga, Tai Chi & Qigong and I've never felt energy like this before. This system combines Qigong with Advanced Breathing Exercises that are PHENOMINALLY ENERGETIC." - Rick Agel M.D.*



**Baltimore Convention Center    March 3rd-6th**

March 3rd & 4th is (L-1)    March 5th is (L-2)    March 6th is (L-3) - - All three levels \$99!

Seating Limited.    CEU's Available.    (800)-298-8970    [www.QiRevolution.com](http://www.QiRevolution.com)