

## Tibetan Qigong Workshops, February 2012 ~ Napa, CA

Kay Luthi, Instructor



### ONE FINGER ZEN DYNAMIC FORM

Taught on three Wednesday evenings: February 8, 15 & 22, 6-7pm, NAPA. The meridians are natural energy pathways for ridding the body of disease & retaining good health. Through nine different movements this standing, meditative practice gives one the ability to quickly gather energy & clear the meridians of stress & blockages. Taught to the elite Shaolin monks more than 1,000 years ago, Master Wang & his teacher, the highly accomplished Khenpo Munsel Rinpoche, included this practice as part of a strong foundation for Tibetan Qigong because of its long history of effectiveness.

### FIVE ELEMENT STAKE

Taught on three Saturday mornings: February 11, 18 & 25; 9-10am, NAPA. The postures & movements in this gentle, standing form accumulate fresh elemental energies from nature & the universe to replace unhealthy qi in the body's related organ systems. In addition to enabling one to accumulate fresh qi, this qigong

balances & strengthens the body down to the cellular level so that self-healing can take place. Attendance at 2/11 class is required. All levels welcome.

Instructor, Kay Luthi ([www.kayuluthi-tibetanqigong.com](http://www.kayuluthi-tibetanqigong.com)) has studied & taught qigong for 25 years & is a student of renowned healer & Vajrayana Master Zi Sheng Wang.

Each 3 hour Workshop Fee: \$90, \$45 (17yr & under or CTQNV members repeating the class). Note: fee includes weekly practices lead by the instructor.