

Self Healing Workshop with Zhineng Qigong Fundamentals with Master Yuantong Liu



Dec 13, 2024 6pm-8:30pm
Dec 15, 2024 9am-4:30pm

All Levels Welcome



Self Healing Workshop with Zhineng Qigong Fundamentals with Master Yuantong Liu

Dec 13th 2024 6pm-8:30pm EST
Dec 15th 2024 9am-4:30pm EST

Location: Poughkeepsie NY- exact location to be announced

Limited to 20 In-Person Participants
All Levels Welcome

To Learn more about Master Liu, go to
<https://hunyuangqitherapy.com/meet>

[-master-yuantong-liu/](#)

Healing Fundamentals with Master Liu.

Limited to 20 In-Person Participants

Dec 13th \$60.00

Dec 15th\$150.00

Both Dates.....\$180.00



For more information & Registration Contact: Loahulonghealth@gmail.com

Modern science is validating the age-old wisdom known to ancient Chinese Qigong masters for centuries:

Engaging in Qigong, which involves deep breathing, stretching, strengthening, gentle movements, and positive mental intentions, has been scientifically shown to significantly enhance both your health and overall well-being.

Qigong, an ancient practice employed for health-building, injury healing, reduction, and promoting longevity, proves to be accessible and user-friendly. Resembling Tai Chi in appearance but with a simpler learning curve, Qigong places a strong emphasis on health improvement.

Think of Qigong as a form of moving meditation. Its uncomplicated movements make it adaptable for practice virtually anywhere. Even dedicating just minutes a day to Qigong can yield noticeable improvements in your health.

Embracing Qigong into your routine can result in increased energy levels, improved memory, stress reduction, and enhanced sleep quality. This holistic practice contributes to both physical and mental well-being.

- **Zhineng Qigong Practice:** Engage in Zhineng Qigong methods and self-healing exercises designed for easy integration into your personal routine. These practices empower you to take charge of your well-being independently.
- **Consciousness Refinement Tools:** Acquire tools for refining consciousness to positively influence health intentions. These tools serve as a proactive approach to enhance your overall health and well-being.
- **Mind and Heart Opening:** Experience a transformative opening of the mind and heart, leading to a strengthened immune system. This holistic approach fosters a deeper connection with yourself, promoting mental and emotional balance.
- **Scientifically Proven Methods:** Learn and apply scientifically proven methods that support genuine health and well-being. This evidence-based approach ensures that the techniques employed have a sound foundation in promoting health.
- **Personal Transformation:** Ignite personal transformation by increasing your vitality and energy levels. This not only improves your health but also empowers you to live up to your potential and purpose.
- **Drive and Creativity Enhancement:** Establish a mindset that fuels drive and creativity, enabling you to implement your own ideas and intentions. This newfound perspective encourages innovation and proactive pursuit of personal goals.
- **Open-Minded Mindset:** Open your heart and step into a new level of confidence, trust, and awareness for yourself and others. Cultivate a mindset that contributes to a bigger vision and service to others, creating a positive impact in the larger community.