



# ROBERT BATES HEALING



## Qigong Workshops

Learn Powerful Exercises for Optimal health

[www.funwithqigong.com](http://www.funwithqigong.com)

[www.robertbateshealing.com](http://www.robertbateshealing.com)



To Contact Robert Bates to Schedule a Workshop

(360) 398-7466, or

[rbbatesdc@comcast.net](mailto:rbbatesdc@comcast.net)

**Qigong Definition:** Qigong, to can be thought of as simple Tai Chi. Often spelled as “chi kung”, Qigong is pronounced “chee gung.” Qigong is a modern umbrella term for a vast body of physical and energy exercises and meditations that involves the mind, breath, and movement to create a calm and natural balance of energy. Most Qigong is done in an easy, relaxed, gentle manner. Regular Qigong practice yields many benefits, both in overall wellness and for specific conditions.

### Workshops in this Packet

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Robert Bates is a healer, teacher of healing and martial artist based in Bellingham, Washington. He teaches classes and seminars in Cranial Sacral Therapy, Self-Healing Qigong, and Qigong Therapy (Medical Qigong.) A graduate from Southern California College of Chiropractic, he went home to the Northwest to open his hands-on healing practice. He holds a Master of Medical Qigong degree, is a licensed Chiropractor, and is an advanced Cranial Sacral Therapist. Robert has developed a unique, energetic approach to Cranial Sacral Therapy which he calls The Empowered Touch. He practices Qigong and Martial Arts and teaches many forms of Qigong, including Wild Goose Qigong, Healing Tao, 8 Brocades, XinYi, and Five Animal Frolics. As a teacher he likes to encourage and inspire, while simplifying and getting to the essence of things. He also likes workshops and classes to be fun; we all learn better when we are relaxed and feel safe.



# ROBERT BATES HEALING



## Five Flows Qigong Set Gentle Exercise Workshop

### Price

**Two Hour Workshop: \$50**

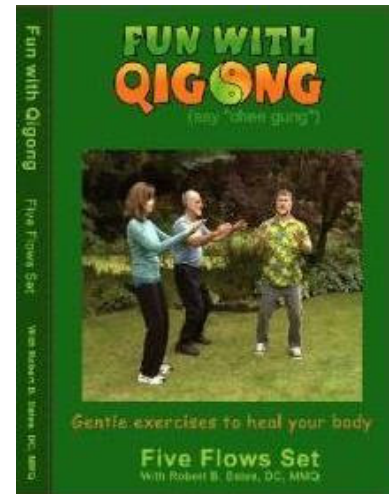
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### Heal with Gentle, Focused Movements

What is Qigong? Qigong is the practice of building energy for feeling good. The Five Flows Qigong set is a health-promotion practice that is accessible, doable, and useful for people of all levels of health. Anybody with a desire for greater health and longevity can practice it and harvest its many fruits.

**Accessibility:** The movements, sounds, and meditations of Five Flows Qigong are appropriate for people of almost any level of health, ability, and experience with Qigong.

### Principles of Health

In the Five Flows Qigong set is a sensible, easy-to-understand series of foundational Qigong moves. The Five Flows Qigong set teaches principles you can apply to all of your life—principles of movement, posture, breath, and being. These essential principles are taught so you can practice with simplicity, physical ease, and fun.

- First Flow Exercises:** Shaking the body, Turning the Waist, Waking the Breath.
- Second Flow Exercises:** Outer Qi Shower, Inner Qi Shower.
- Third Flow Exercises:** Charging the Center, Charging the Kidneys, Charging the Qi Ball.
- Fourth Flow Exercises:** Streaming the Fountains, Riding the Waves.
- Fifth Flow Exercises:** Centering the Qi, Nurturing the Qi.



# ROBERT BATES HEALING



## Qigong to Prevent Colds and Flu

Workshop to prepare your body for the wet and winter



### Price

**Two Hour Workshop: \$50**

**Four-Hour Workshop: \$80**

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### First Clear the Organs with the Six Healing Sounds

First we will warm the body up and begin the purging of stagnation. The Six Healing sounds clear the organs and tissues of stagnant Qi, opening block Qi channels and reinvigorate sluggish lymph.

### Then Engage in Slow, Gentle Movements that Move the Qi

For this we will practice the set known as Hun Yuan Qigong. I find this set to be a marvelous way to stave off getting sick. Over the past two or three long winters, whenever I start to feel rundown—maybe on the verge of getting sick—I practice the slow motion Hun Yuan set for about 30-40 minutes. By the end of the practice I can feel a pulsing, whole-body empowerment. There is a balanced magnetic warmth in my hands, ease in my breathing, and calmness in my heart and mind. I get a strong sense that the healing forces in my body have been renewed and reinvigorated.



# ROBERT BATES HEALING



## The Delightful Dozen

Self-Healing Qigong



### Price

**Four-Hour Workshop: \$80**

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### The Delightful Dozen

The Delightful Dozen set is accessible, doable, and useful for people at all levels of health. The Delightful Dozen teaches many Qigong principles you can apply to your life. These includes internal relaxation and coordination of body, mind, breath, and energy. You can begin Delightful Dozen Qigong and reap noticeable results right away. The set is not technical, confusingly philosophical, or super-serious. The slow, smooth, even actions make it a moving meditation.

### Bring Yourself to Flowing Balance

Each of the 12 drills can be found in the flowing body of the Primordial Qigong form. By practicing these moves separately you can focus on improving the smoothness of movement, accessing the energetics of each move, and attaining correct posture. You will also open blocked Qi channels, balance and fill your aura to egg-shaped wholeness, and connect to the varied, nourishing natural energies around you. The Delightful Dozen set is especially useful in bringing a balance to the two sides of your nervous system, which leads to your whole body being more unified.

## Results and Benefits from The Delightful Dozen

- ☺ Calm a hyper nervous system down.
- ☺ Learn to feel the energy in your hands and whole body.
- ☺ Proper knee posture.
- ☺ Relaxation of the shoulders.
- ☺ Brings your body's energy field into a state of spherical unity.
- ☺ Opens blocks to energy flow.
- ☺ Balances the energy of the left and right sides of the body.
- ☺ Releases trapped emotions.
- ☺ Opens the physical constrictions around the heart, creating more space.
- ☺ Heating up the Kidneys helps energize your whole body and organ system.
- ☺ Cooling down the Heart helps calm down anxiety and wild emotions.
- ☺ Gathers Qi into the lungs which will distribute to the rest of the body.
- ☺ Blending the energy together brings a greater whole-body balance.
- ☺ Strengthens the thighs, increases flexibility in the low back and hips.
- ☺ Clears your Taiji pole (central channel.)
- ☺ Charges up your Lower Energy Center for greater energy, grounding, and health.
- ☺ Integrates the cerebrum, and creates graceful coordination.
- ☺ Gathers Qi for later use.
- ☺ Centers the body.
- ☺ Quiets the mind.

## The Delightful Dozen Exercises

1. Earth's Breath Rises: Heaven's Breath Sinks
2. Separating Yin from Yang
3. Holding the Qi Ball at the Dantian
4. Qi Ball Along the Microcosmic Orbit
5. Moving the Heart Through Time and Space
6. Blending Fire and Water
7. Sinking and Rooting Left and Right
8. Scooping Qi From the Nature
9. Dragon Washes its Face
10. Stirring the Cosmos
11. Drinking the Earth/Absorbing the Heavens
12. Collecting the Qi





# ROBERT BATES HEALING



## Healthy Joint Qigong

Two, Four, or Six-Hour Workshop



### Price

**Two Hour Price: \$50**

**Four-Hour Price: \$80**

**Six-Hour Price: \$110**

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**The movements in this class are moderately gentle and accessible to most people.**

**This class is packed with information and exercises, so come prepared to learn lots.**

### Heal with the Power of Qigong

Qigong (“chee gung”) is the science, art, practice, and skill of self-healing using posture, movement, breath, attention, and relaxation. It is used worldwide by tens of millions of people as a daily health practice. Practicing Qigong is a proven way to continually refine your ability to be in your body in balanced, healthful ways. Qigong practice gives people energy, heals aches and pains, and promotes living a long and vigorous life.

### Some Good Reasons to Embrace Qigong Joint Exercises

Health is movement and movement leads to health. Stagnation, in contrast, leads to illness. Impaired joints decrease the amount and types of movement we can do. While it is important to stretch and exercise the muscles and soft tissues of the body, the joints also need to be “stretched” and exercised. As a general rule, gently and frequently moving them in through their natural range of motion, helps them heal, helps them reconfigure closer to the way they were meant to work. If we exercise our joints we will be healthier and feel better. The joints have no blood flow, so they depend upon your movement to pump the synovial fluid through, and the toxins and detritus out.

## Joint Motion Exercises Can

- Lubricate the joints through motion.
- Help you feel better. Joint exercises can decrease arthritic and creaky pain.
- Decrease calcium and other mineral buildup.
- Help you stand and be taller: Expand the body, rather than be compacted.
- Decrease the chance of injuries.
- Be used as a wake up in the morning.
- Be used as a warm up before being physically active.
- Increase your flexibility.
- Restore much lost joint health.

## Healthy Joint Qigong Topics to be Covered

- Overview of basic joint anatomy
- Qigong theory and the joints
- The eternal question: “What is all that clicking in a joint about?”
- Working with problematic joints

## In The Full Six-Hour Workshop You Will Learn

- Joint Rotation exercises for clearing the joints and increasing range of motion
- Joint Expansion practices for increasing the space in between bones
- Joint Pulsing practices for building Qi in your joints
- Joint Strengthening exercises to add more resilience to your joints
- Joint Relaxation exercises to release tension in adjacent connective tissue
- Joint Massage techniques for bringing blood, Qi, and lymph through joints
- Bone Breathing meditations for clearing the joints and charging them up
- A pituitary awakening technique for helping with hormonal balance



# ROBERT BATES HEALING



## Empower Your Breathing Self-Healing Workshop



### Price

**Four-Hour Workshop: \$80**

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### Breathe Bigger, Better and Easier

Breath Practices are some of the most powerful healing exercises you can do. You can insert conscious breathing into just about any part of your day and be better off for it. You can benefit from conscious breathing practices virtually your entire life. Any amount of good breathing you do adds to your health. Bringing a regular breathing focus to your day adds a lot to your health and to your life as a whole.

### With These Breathing Practices You Will

- ☺ Massage the internal organs for greater all around health
- ☺ Keep the head clear and promote mental clarity
- ☺ Help move the lymph throughout the body, increasing immunity function
- ☺ Increase your energy
- ☺ Calm your emotions
- ☺ Increase your lifespan
- ☺ Decrease tension
- ☺ Sleep deeper
- ☺ And much, much more

### What We Will Cover in This Workshop

- ☺ Qigong breathing practices, each with different health goals
- ☺ Simple tests to assess how well you are breathing
- ☺ Easy ways to integrate vastly more quality breathing into your everyday life
- ☺ The Framingham Study: How your breath capacity can accurately predict your lifespan; and how to definitely increase your lifespan with breathing practices

## Breathing Exercises We Will Practice

**Follow the Breath.** Just watch. Notice how you are actually breathing. You can learn a lot about yourself this way.

**Graduated Quiet Breathing Meditation.** Build awareness and sink into a relaxed, healing mode of being as you activate your parasympathetic nervous system, coordinate your consciousness and balance your brain

**Abdominal Breathing.** The foundation of proper breathing. Breathe into and out of your abdomen, letting it expand with the inhale and flatten with exhaling.

**Belly Book Breathing.** Re-teach yourself how to use your diaphragm to pull air into your body by expanding your abdomen, instead of lifting your shoulders to bring air in.

**Pelvic Breathing.** Sometimes breathe low into your pelvis to build power and prevent many problems.

**Low Back and Kidney Breathing.** Drawing the air into the lower back to expand that area and fill the Kidney's with Qi.

**Filling the Vase.** Fill your torso with breath like pouring water into a vase; the water fills up the lower parts first before working up. Empty your breath in reverse.

**Gentle Breath Holding.** Holding the breath for a short time—repeatedly—to help relax tensions in the breathing apparatus.

## Plus

**The Remembering Breath.** Put up **green dot** stickers. Every time you see the dot, take a deep breath. This will give you many deep breaths each day.

**10 Percent More.** Add just a little to the size or seconds of each breath.

**Breathing Awareness Set** (to take home.) Begin to take more control of your daily breathing habits.



# ROBERT BATES HEALING



## 6 Healing Sounds With Color Radiation

### Self-Healing Qigong Workshop with Robert Bates

#### Price

**Four-Hour Workshop: \$80**

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### Six Healing Sounds with Color Radiation

The Six Healing Sounds are a marvelous method for clearing stagnation and negative emotions out of the tissues of the body. In addition to using the special sounds, you will visualize and absorb colors into specific internal Organs, circulate the Qi in the in a special way, and gather Qi into your lower abdominal energy center. This one quick set is a complete set, containing the five aspects of Qigong healing: Warming up, Cleansing, Charging, balancing, and Centering.

Learning the Six Healing Sounds set will give you a powerful self-healing tool that you can use any time to help you feel more relaxed, emotionally balanced, energized, and calm.

#### Set Details

**Part 1:** Warm up and stretch.

**Part 2:** Use special arm motions and the Healing Sounds to purge the organs in this order: the whole body, then Liver, Heart, Spleen/Pancreas, Lungs, and Kidneys.

**Part 3:** Add a different-colored energy to each of the above organs with breath, intention, and your hands. Then make the specific healing sound to purge it. Then add more colored energy.

**Part 4:** Balance the new and old Qi in your body by cycling the it through the Microcosmic Orbit (Small Circle), which goes up the back of your body and down the front.

**Part 5:** Finish by gathering Qi at the Dantian, the center of your body. Go inward.

**Accessibility:** The movements and meditations of the Six healing Sounds with Color Radiation workshop are appropriate for people of almost any level of health, ability, and experience with Qigong.



# ROBERT BATES HEALING



## Qigong Self-Massage



### Price

**Two-Hour Workshop: \$50**

**Four-Hour Workshop: \$80**

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### Feel Good and Enhance Your Health

Qigong Self-Massage is specific set of massages and movements designed to enhance the circulation of the body's Qi, blood, and fluids. It is something you do on yourself, a kind of self-treatment for overall health. The set is an extensive collection of techniques that addresses soft tissues, the teeth and eyes, meridians, acu-points, joints, skin, and organs to bring whole-body purification, tonification, relaxation, and balance.

### There Are Techniques in Which You:

- ☉ Stretch your legs, shoulders, spine, and other places.
- ☉ Rotate various joints.
- ☉ Tap along your meridians and organs.
- ☉ Brush, knead, or rub tissues and points.
- ☉ Massage your abdominal organs.
- ☉ Finger-massage assorted acupuncture points and tissues.
- ☉ Massage your neck, arms, legs, and feet.

The structure of the Qigong Self-Massage set takes you through specific areas of the body holistically. It takes between ½ an hour and 45 minutes to go through the entire sequence, depending upon the speed and extensiveness in which you perform it. Some fifty techniques in all give you a wonderfully refreshing practice. Once you know the set, you can easily improvise shorter versions as your situation calls for. It is quite flexible.



# ROBERT BATES HEALING



## Swimming Dragon

Self-Healing Qigong with Robert Bates



### Price

**Four-Hour Workshop: \$80**

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### Graceful and Sinuous Swimming Dragon

Swimming Dragon is a simple, graceful Qigong (chi kung) exercise that you do standing in place. The main movements are sinuous side-to-side undulations. Each undulation is performed in concert with large, circling motions with connected hands (the prayer position), done while smoothly shifting from standing to partly-kneeling to standing again. Each repetition is followed by a short, quiet period in which you collect energy in the *lower dantian* (lower abdominal energy center.) Swimming Dragon increases your overall health, centeredness, and immune function.

### Some Benefits of Swimming Dragon

- ☯ You gently twist and stretch most of the joints of the body, so muscle tone, joint lubrication, and flexibility are improved.
- ☯ Swimming Dragon is very good for spinal health. All of the back's acupuncture points, vertebrae, spinal nerves, discs, muscle tissue, and fascia are massaged, stretched and opened with the movements.
- ☯ All of the internal organs and glands are stretched, massaged and stimulated, improving many important internal processes, such as digestion, elimination and the function of the glandular/hormonal system.
- ☯ The kidneys are especially massaged and stimulated by the sinuous motions. This provides you with more physical energy and greater thinking ability.
- ☯ With each repetition, all of the muscles and tissues of the lungs, ribs, and abdomen also become more open and relaxed. Thus you can breathe easier and deeper and increase the oxygenation of the body.



# ROBERT BATES HEALING



## Taij Qigong (Tai Chi Chi Kung) Self-Healing Qigong Workshop



### Price

**Four-Hour Workshop: \$80**

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### Graceful and Gentle Movements to Heal With

**Taiji Qigong** is a set of graceful, meditative movements based on the healing martial art of Yang Style Taiji Chuan. This Qigong set consists of 18 movements that are relatively easy to learn and practice but have many benefits to the body and mind. This Qigong is effective in opening major acupuncture points, balancing the brain and body, and improving the strength and flexibility of the spine. It is also quite helpful for balancing the two side of the brain, the peripheral nervous system and the autonomic nervous system. You will develop better coordination and body awareness by practicing these movements and you will attain a peaceful vitality. Taiji Qigong is great for those wanting to experience some of the grace, beauty, and health benefits of Taiji but aren't ready to commit to 10 years of training

**Accessibility:** The movements, sounds, and meditations of Taiji Qigong are appropriate for people of almost any level of health, ability, and experience with Qigong.

### With Taiji Qigong You Will Also:

- Gather energy
- Heal chronic injuries
- Become more relaxed and calm
- Clear the fog from your brain
- Enhance your immune system
- Improve posture
- Feel better
- Strengthen internal organs



# ROBERT BATES HEALING



## Chakra Tuning and Auric Butterfly Self-Healing Qigong with Robert Bates



### Price

**Four-Hour Workshop: \$80**

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### Chakra Tuning

Chakra Tuning is a Yogic method of clearing and balancing each of the seven chakras using a simple chanting cycle. We rise up the scale, using higher tones the higher the chakra. It feels wonderfully cleansing and calming to do.

### The Auric Butterfly

The Auric Butterfly is a fun Qigong sequence set that uses visualization, movements of the hands and circular arm movements to clear and balance the seven chakras, the Central Core (Tai Ji Pole) and the seven auric layers. You also get to exercise your “Angel’s Wings.”

**Accessibility:** The movements, sounds, and meditations of Chakra Tuning and The Auric Butterfly are appropriate for people of almost any level of health, ability, and experience with Qigong.

### Chakras and The Aura

The chakras (pronounced “Shock-ruhs”) are vortexes of energy that absorb, release, and refine energy in the body. Each of the seven chakras is associated with a certain color and particular aspects of physical health, personal psychology and internal wellness.



# ROBERT BATES HEALING



## Five Animal Frolics Qigong



Price per Student

**2-Hour Workshop: \$50**

**4-Hour Workshop: \$80**

To Contact Robert Bates

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### Strengthen and Heal with the Power of Qigong

Qigong is the science, art, practice, and skill of self-healing and wellness using posture, movement, breath, attention, and relaxation. Qigong is also spelled chi kung and is pronounced “chee gung.” The Five Animal Frolics are part of the large Qigong umbrella of exercises. The Five Animal Frolics consist of many stepping exercises, so they are a good method of training balance. They act as a transition to more involved form practice, like Taiji Chuan or Wild Goose Qigong.

### Strengthen Your Body

The Five Animal Frolics are said to be the oldest existing exercises in the world still practiced. They were created some 1800 years ago by a famous Chinese doctor named Hua Tou. They’ve been around so long because they are a fun and effective method to develop a strong, healthy body. The Five Animals consist of the Crane, Bear, Monkey, Deer, and Tiger. Each animal has sets of exercises that strengthen the muscles and tendons, balance the brain, improve coordination and rejuvenate the internal organs. All of the Five Animal Frolics make you more integrated in your body, more solid on the ground, more sure in your walking, more cultivated in your movements, more confident, flexible and strong. There are many versions of the Five Animal Frolics, many branches of the training. We will explore several of these versions.

### Five Categories to Gain Wellness

These exercises are grouped into five categories based on the ancient Chinese patterns of the Five Elemental Energies. The Five Elements have many correlations with particular seasons, times of day, organs and organ systems, ways of acting, etc. Working with the Five Elements through the Five Animal Frolics helps bring a balance of healthful energies to the body-mind-spirit of a person.

## A Closer Look at Each Animal Frolic

**The Crane:** For physical balance, leg strength, rising energy, lightness of step, expansiveness, and cooling down the Heart. The Crane is graceful and elevated. **Fire element.**

**The Bear:** Builds thigh strength, grounding ability, gravitational energy and vitality. Strengthens the Kidneys. The bear is strong and powerful. **Water element.**

**The Monkey:** Develops the quick-moving agility of a monkey. Good for Stomach, Spleen, and Pancreas. Helps digestion and shoulder and neck problems. The Monkey is the silly animal. **Earth element.**

**The Deer:** Stretches spine and legs, builds supple strength of tendons and ligaments. Good for knee health and leg strength. Deer movements tend to have an expanded nobility to them. **Wood element.**

**The Tiger:** Builds internal power, leg springiness, and Lung health. Develops finger, hand, wrist and forearm strength. Good shoulder therapy. The Tiger is fast and powerful. **Metal element.**





# ROBERT BATES HEALING



## 36 Movement Snake Qigong

Self-Healing Qigong with Robert Bates



### Price

The set is split into two workshops. The first workshop is a precursor to the second.

**First Four-Hour Workshop: \$80**

**Second Four-Hour Workshop: \$80**

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### Ancient and Fascinating Qigong

Snake Qigong is a fascinating set of 10 sections containing 36 different fun and unusual movements; it's a treasury of Qigong wisdom. The set is said to be over 1000 years old, the product of generations of Taoist masters. Snake Qigong is somewhat vigorous. There is a moderate amount of a physical exercise and a stretch component added to the energetic-healing component. **See my YouTube Channel.**

### Develop a Strong and Flexible Spine

Like it's namesake animal, Snake Qigong develops the powers of the spine by improving flexibility, strength, and Qi flow. Practicing these movements will increase your spinal awareness and ability to move individual vertebrae, as well as developing smooth, whole-spine coordination. It's like doing your own Chiropractic, only better because you are doing for yourself. In addition to the many joints of the spine, all of the joints of the body are subtly or moderately exercised through twisting, rippling and spiraling motions.

### Some Other Benefits

- The body is energized
- The internal organs are massaged.
- Circulation is improved.
- Physical coordination is enhanced.
- Acupoints and channels are cleared.
- The brain is balanced.
- Vitality increases.
- The third eye is activated.
- The heart is opened.
- And many more positive effects.



# ROBERT BATES HEALING



## Medical Qigong Therapy An Introductory Workshop



### Price

**1-Day Workshop: \$130**

**2-Day Workshop: \$250**

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### Medical Qigong Therapy

Qigong Therapy, also called Medical Qigong, is a form of Chinese energetic healing that one person performs on another and also involves giving specific exercise prescriptions to clients.

### Healing Yourself and Others with Medical Qigong Therapy

This program is for bodyworkers, energy workers, healthcare providers and others who want some powerful, effective techniques from Chinese Medicine. We will practice self-healing exercises, meditations, and healing on others. You will learn methods for keeping your energy strong, your Qi flowing, and how to protect yourself from toxic energy. This program is a stand alone workshop intended to give you effective tools for increasing your healing skills and improving your own health.

## What You Will Learn with Medical Qigong

### Understanding Qi and Qigong

- ☉ What is Qi? What is Qigong?
- ☉ Three compelling reasons to practice Qigong
- ☉ The 3 Intentional Corrections for integrating Qigong into your daily life

## Qigong Exercises to Enhance Health and Build Healing Energy

- ☯ Self-Clearing: Special energy cleansing exercises
- ☯ Self-Tonification Exercise: The Three-Sources Moving Meditation for charging up
- ☯ Self-Regulation: Ways to balance your body, mind, and energy

## Qigong Therapy Overview

- ☯ The 3-Method Formula of Qigong Therapy: Clearing, Tonification, and Regulation
- ☯ Using sound and color in therapy

## Qigong Therapy Practice

- ☯ Awaken and energize your healing hands with Pan Gu Mystical Qigong
- ☯ Blow and throw: How to get rid of stagnant and toxic energy
- ☯ Wellness treatments: Simple energy healing protocols
- ☯ Session completion: Don't leave any loose ends

## Plus

- ☯ Games to practice feeling Qi
- ☯ An amazingly effective Qigong self-treatment for colds and sinus congestion
- ☯ Healing shift signs: How to know if what you are doing is helping
- ☯ Robert demonstrates Qigong Therapy on class volunteers