

Red Hills Healing Tao



PRESENTS...

A 9-week Qigong series: Thursdays, October 15 - December 17
6:00-7:30 pm

At Abundance Wellness Center, 325 John Knox Road, Bldg. T, Ste. 1, Tallahassee

QIGONG: AWAKEN YOUR HEALING ENERGY

Stay Healthy This Fall



Fundamentals of Healing Energy and Chi

Learn energy anatomy of the body

Tap into the sources of energy (chi) of Heaven and Earth for health and longevity

The Six Healing Sounds Qigong

Detoxify and energize the vital organs

Balance and harmonize your spirit

Chi Self-Massage for Health and Vitality

Strengthen and rejuvenate your sense organs

Strengthen your energy field and enhance your immune system

Cost: \$15.00 per class for drop-ins; \$12/class for all 9 classes

Preregister by October 9: contact Lydia at 391-1394

or email daowoman@earthlink.net



Your Instructor, Lydia Riedell, is a certified Healing Tao instructor, a certified Acutonics/Sound Healing practitioner, and a Reiki Master with the Usui System of Natural Healing. Her 18 year career in the Healing Arts includes massage, Reiki, reflexology, pranic healing, medical qigong healing, chi nei tsang (internal organ massage), and Taoist longevity practices.