QIGONG WORKSHOP -
CONNECTING WITH THE UNIVERSE

**Friday, November 11, 2011**

**5:30—7:30pm**

**LOCATION**
Lotus Center of Healing, LLC
1420 Third Street North
Jacksonville Beach, Florida 32250

**PRICE**
$45 Pre-registration required

**REGISTER**
906.616.4934

Based on Chinese Medicine, the number one represents the tao, divine, or universe. It is through our connection with the tao that we create unity and harmony within ourselves, and with others and nature. Therefore, practicing qigong movements on 11/11/11 allows one to have a greater connection and sense of peace with the universe, our own sense of divine or source, ourselves, and others.

Workshop begins with a discussion about qigong, the number 11/11/11, and the qigong movements and breathing techniques that will be taught in the workshop. Class ends with an extended relaxation with the option of a mini medical qigong session for each of the students during the relaxation. Medical qigong is an energetic healing form that balances the qi in the body, enriches any areas that are deficient, and releases any areas that are blocked or excessive. The cost of the workshop is $45; pre-registration is required. Space is limited.

Joy Esler with Lotus Center of Healing, LLC is nationally board certified in Acupuncture and Oriental Medicine. She is a Diplomate in Acupuncture and Oriental Medicine with the National Certified Commission for Acupuncture and Oriental Medicine. Joy is licensed through the Florida Department of Health Board of Acupuncture. She is also certified as a Medical Qigong Practitioner with the International Institute of Medical Qigong, and Registered Yoga Teacher trained in Kripalu, and Prenatal Yoga with Yoga Alliance.