



QIGONG FOR SELF-HEALING

Sunday Immersions

Clearing Foreign Energy and Taking Up Your Space

Sun. 7/25 10-2

- * Create sacred space for ritual and healing
- * Clear foreign energy from your body and home
- * Build strong energetic boundaries and discover embodied power
- * Cut the cords of the past and step into a new relationship with yourself

Qigong for Emotional Healing and Transformation

Sun. 8/15 10-2pm

- * Learn the Alchemy of the 5 Elements, advanced practice for transforming emotions
- * Explore the Micro cosmic orbit, to circulate more energy, transcend history, and connect with spirit
- * Access intuition and spiritual guidance

Qigong in the Nature

Sun., 9/12 9:30-2

- * Learn how your inner world is affected by nature
- * Practice the power of the Healing Sounds in the natural world
- * Learn to gather Qi from the natural world to use in healing and connect with your nature allies

Women's Sacred Practices

Sun. 10/10 10-2pm

- * Balance your hormones
- * Explore powerful Self-love practices
- * Learn Women specific Healing Sounds practices for emotional transformation

Special Practices for Healing Pain

Sun. 11/7 1-5pm

- * Harness the power of your breath to relieve pain
- * Learn somatic resourcing techniques for pain relief
- * Explore the wisdom of your body, what's your pain trying to tell you
- * Learn pain relieving visualization techniques

\$80 each or take 3 or more and save \$15 each.

All workshops (except 9/12) take place at the Solstice Institute in Boulder.

Sweigh Emily Spilkin, Vibrant Living Therapy
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WWW.VibrantLivingTherapy.com