

TIBETAN BUDDHIST QIGONG

3 DAY INTENSIVE WORKSHOP with Kay Luthi

from the teachings of

Vajrayana Master & Tibetan Qigong Master Zi Sheng Wang (Choying Rangdrol)

SEPTEMBER 17, 18 & 19, 2013 ~ NAPA, CA

A rare opportunity to receive all Level I teachings

Tibetan Qigong Practices

Practices that will be taught are Five Element Stake, One Finger Zen Dynamic Form, & One Finger Zen Still Form. *See Level I class descriptions www.kayluthi-tibetanqigong.com*

3 Day Workshop Format

10am-1pm each day instruction for one of the three practices will be given. Afternoon practice & discussion sessions will be 3-5pm each day. Master Wang's Commentary & Recorded Healing Energy Session will be shown & are included in the class fees. *See flyer for Master Wang's video recordings.*

3 Day Workshop Fee : \$500 (two or more students). **Private 3 Day Workshop Fee: \$850** (Note: Workshop fee includes two practice books & two DVDs).

Discounts are available for The Center for Tibetan Qigong-Napa Valley members who are repeating classes.

For students who would like to learn all 4 Level I teachings, an **OPTIONAL Face Massage & Patting the Meridians class** will be taught on Friday June 7, 10am-1pm. Fee: \$65 This is a special discount to workshop participants.* If you plan to take the Face Massage & Patting the Meridians class please add \$65 to the 3 Day Workshop Fee.

A list of Napa hotel accommodations & travel options from Oakland and San Francisco airports will be provided to registrants.

For more information about Kay Luthi and Tibetan Qigong classes and events visit www.kayluthi-tibetanqigong.com or www.CTQNV.org or call 707.224.5613