

The Way of Wellness workshop



A unique wellness workshop of self-healing practises chosen from several qigong styles to restore wellbeing to the body, mind and soul. The intensive will be fun, energizing, relaxing, enlightening and deeply healing. It's suitable for both the well and unwell.

Included in the workshop will be:-

Silk reeling (mindful rotation of joints to unblock qi flow)

BaDuaJin (meridian stretches)

Shaking

PingShuai (swing arm qigong)

Lying bhudda (lying down meditation)

Zan Zhuang (stand form)

and a couple of Self healing meditations (chakra balancing & expanding into qi)

Wear comfortable clothing that will keep you warm & able to stretch. Bring your lunch or purchase from the nearby shops. Also, bring a blanket & pillow so you can do resting meditation on the floor.

The teacher will be Warren Carey from Australia who is now resident in Taiwan.

Warren's qualifications are:-

Raja Yoga Meditation teacher 30 years.

Qigong practitioner 17 years.

Tai Chi & Qigong Teacher Certificate (Chen Ming Int'l Kung Fu)

Master of Daoyin QiGong Therapy (Dragon Gate QiGong)

Associate Pranic Healer Certificate (Ashish Institute)

Didjeridoo musician / healer

When: Saturday October 10 from 9.30am till 3.30pm

Where: Innerlight, 4810 Hickory Wood Drive, 34119 Naples FL

Charge: \$50.00

***For enquiries or booking please contact the Innerlight Center: Tel: 239-352-2310
or 239-352-1301-***

***Warren is also a gifted healer. Anyone wishing an individual healing session can
also direct their enquiry to the above.***