

*The Qigong Institute and Kahuna Valley present...*

# *Qigong*

*healing exercise for the body and soul*



*taught by*

## ***Francesco Garri Garripoli***

**Author of “Qigong – Essence of the Healing Dance”, Emmy Award-winner, and producer of the PBS Documentary “Qigong – Ancient Chinese Healing for the 21<sup>st</sup> Century”**

**Date:** *Saturday, February 19, 2005*

**Time:** *9:00 am to 1:00 pm*

**Place:** *299 California Ave, Suite 200, Palo Alto, CA*

**Cost:** *Suggested donation to Kahuna Valley: \$35*

This half-day intensive is a unique opportunity to focus on the core fundamentals of Qigong, the ancient and powerful system from China for self-healing, stress management, and personal awakening.

Francesco is teaching in the Bay Area for the first time in several years, and, in his joyful and sincere style, will share practical instruction in Qigong in a way that goes beyond form and reaches to the essence of this wonderful practice. A wide variety of forms and exercises will be taught, with the intent of deepening your innate sense of energy healing. If you are ready to affect positive change in your life, this approach may help you reach a clearer sense of how to bring the principles of Qi into everyday action.

**Francesco Garri Garripoli...** left a medical school scholarship in 1977 to study energy healing with a Master in Hawaii. He spent two years studying and filming in China while creating the Qigong documentary which airs on PBS TV. Current president of the non-profit Qigong Institute ([www.qigonginstitute.org](http://www.qigonginstitute.org)), Francesco is the author of *Qigong - Essence of the Healing Dance* and *Tao of the Ride - Motorcycles and the Mechanics of the Soul* and has studied Qigong and Eastern healing arts for over 25 years.

As Chairman of the non-profit Kahuna Valley organization and retreat on the garden island of Kaua'i, Hawaii, Francesco, with his wife Daisy, oversees various educational programs for children in the area of health, energy work, and self empowerment.

**To make reservations for this class, please email us at [info@kahunavalley.org](mailto:info@kahunavalley.org) or call (800) 723-1927 to reserve your place at this limited attendance event.**

If you would like more information on Qigong events, classes and other educational tools, including our annual Qigong Study Trips to China, we welcome you to visit our websites at [www.wuji productions.com](http://www.wuji productions.com) and [www.kahunavalley.org](http://www.kahunavalley.org) More information on Qigong is also available at [www.qigonginstitute.org](http://www.qigonginstitute.org). Wishing you much peace, joy and good health always...