

*The Qigong Institute, Kahuna Valley and Hiruko 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, May 14, 2005

**Time:** 10:00 am to 1:00 pm

**Place:** **Hiruko Center** - 987 Fremont Avenue, Los Altos, CA  
(650) 949 – 1233

**Cost:** Suggested donation to Kahuna Valley: \$45



This three-hour intensive titled “**Moving Into Healing**” 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 rarely teaches in the Bay Area, 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 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 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, who has studied Qigong and Eastern healing arts for over 25 years, is the author of *Qigong - Essence of the Healing Dance* and is featured in the award-winning DVD set, “Qigong for Beginners.”

As Chairman of the non-profit Kahuna Valley organization and retreat on the garden island of Kaua'i, Hawaii [www.kahunavalley.org](http://www.kahunavalley.org) - 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...