

- ***If you are suffering from a chronic condition that is “not curable”***
 - ***If the side effects that come with many medicines cause you concern***
 - ***If you or your family/friends are diagnosed with cancer and are scared...***
- No need to worry and scared anymore!



World Institute for Self-Healing, Inc. (WISH)
Presents Monthly

Introductory Medical Qigong Training Class

- Reduce stress
 - Relieve pain
 - Enhance immune function
 - Increase vitality
 - Learn a healing tradition with thousand years of history....

What:

- > Qigong: definition, history and its medical applications
- > How to practice Taiji Five Element Qigong well
- > Learn the Taiji Five Element Self-Recovery System
- > Daily Qigong practice (2-3 hrs) with Q&A
- > Scientific evidence and applicable methods of mind healing
- > Self-healing based medicine vs. traditional treatment based medicine
- > Techniques on gathering Qi (bioenergy)
- > Group energy work and qi adjustments

Who: **Kevin Chen, Ph.D. MPH.** *Assistant professor of Psychiatry at UMDNJ
A Certified Qigong Instructor & President of World Institute for Self Healing, Inc.*

When: **9:00 am -- 5:00 pm; January 24-25, 2004** (Saturday and Sunday)

Where: World Institute for Self-Healing, Inc. (http://www.wishus.org/profile_direction.asp),
250 Lackland Dr. Suite 10, Middlesex, NJ, 08846 (E-mail or call for directions)

Cost: **\$125 for regular student**, \$110 for WISH member (family member at 50% discount)
In-school student (with ID) and senior citizen (age 60+) enjoy a 20% discount.

Contact: Phone: **(732) 563-4884**; or e-mail: qigong4us@aol.com for registration
Limited space available for the class, please register early by phone or e-mail

Come join us to learn a simple and powerful self-healing technique that you can benefit for the rest of your live. You can practice this form of medical Qigong anywhere and anytime even seating on a wheelchair or lying on the bed. The continuous practice of this Qigong meditation has helped rapid rehabilitation of many “incurable” chronic diseases, reduced stress, relieved pain, and increase vitality. Research on Qigong’s healing power is being conducted in major American universities and hospitals right now. It does work!

World Institute for Self-Healing, Inc. is a non-profit organization dedicated to education, research, development and application of human self-healing and mind power (<http://www.wishus.org>)