



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

Presents

# **Introduction to Medical Qigong & Practical Applications of Self-Healing**

Reduce Stress  
Enhance Immune Function

Relieve pain  
Increase Energy & Stamina

- What:**
- > **Qigong:** definition, history and medical applications
  - > **Practical Applications of Self-Healing** including:
    - Medical Qigong
    - Dao-Yin Self-Healing Massage
    - Diet Nutrition
    - Health Conservation
    - Exercise/ Fitness
    - Stress management
  - > Learn the entire Taiji-Five Element Qigong Recovery System
  - > Techniques on gathering Qi (bioenergy)
  - > Group energy work and Qi adjustments

**Who:** *Dr. Andy Rosenfarb, L.Ac., National Board Certified in Acupuncture & Chinese Herbal Medicine / Certified Qigong Instructor & Executive Board Member of WISH, Inc.*

**When:** 9:00 am -- 5:00 pm; February 28-29, 2004 (Saturday and Sunday)

**Where:** *World Institute for Self-Healing, Inc.* ([http://www.wishus.org/profile\\_direction.asp](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 students, \$110 for WISH members (family member at 50% discount)  
In-school student (with ID) and senior citizen (age 60+) receive a 20% discount.

**Contact:** Phone: (732) 563-4884; or e-mail: [qigong4us@aol.com](mailto:qigong4us@aol.com) for registration

***Register Today, limited space available!***

Learn a simple and powerful self-healing technique that you can use for the rest of your life. The continuous practice of this Qigong meditation has helped rapid rehabilitation of many "incurable" chronic diseases, reduced stress, relieved pain, and increase vitality.

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>)