



# Qigong



*Healing exercises strengthening body,  
mind & spirit taught by*

**Francesco Garri Garripoli  
and Daisy Lee**

*author of*

*“Qigong - Essence of the Healing Dance”  
and founder of Radiant Lotus Qigong  
featured on Discovery Network’s Fit TV*



*In their only workshop together this year in Walnut Creek, CA, Daisy and Francesco will be conducting their "Qigong for Healing, Empowerment & Independence". This is a great opportunity to focus on the core fundamentals of Qigong, the ancient self-healing practice from China for strengthening the body, stress management and personal awakening.*

**Location: Diablo Room, Rossmoor, Walnut Creek, CA**

**Date: Saturday, July 4<sup>th</sup> from 9:00 am – 1:00 pm**

**(Radiant Lotus Qigong for Women class – 2:00 – 3:30 pm)**

Daisy and Francesco share practical instruction on Qigong in a way that goes beyond form and reaches to the essence of this wonderful healthcare practice. **A variety of exercise styles, meditations and breathing techniques** from their **award winning DVD series** will be taught, with the intent of deepening your innate sense of healing energy. If you are ready to affect positive change in your life, especially during these challenging times, this approach may help you reach a clearer sense of how to bring the principles of Qi into everyday action for preventative healthcare and effective healing.

This half-day intensive celebrates “independence” by working with the idea that accessing the tools Qigong offers can help us to become independent of that which doesn’t serve us – from old patterns to chronic challenges on the body, mind, and spirit level. Just returning from classes in Australia and then teaching at the National Qigong Association Annual Conference, Daisy and Francesco present Qigong forms that only takes a few minutes to practice but have powerful effects. With the partner Qigong and group healing exercises also presented, this workshop should not to be missed. **Practicing these unique and easy Qigong exercises – similar to Tai Chi and Yoga - aids in boosting the immune system, increasing energy, reducing stress, chronic fatigue, anxiety, depression** and a host of other dis-eases. Visit [www.wujiproducts.com](http://www.wujiproducts.com) and Francesco & Daisy’s non-profit [www.kahunavalley.org](http://www.kahunavalley.org) to learn more about their DVDs, books, and group healing/study trips to China, India, and Thailand.

**Cost for this four-hour workshop is \$70 pre-reg (\$75 at the door). Daisy’s RLQ Class is an additional \$25.**

**To reserve a space for this limited engagement and for directions to Rossmoor, please call our local friend, Barbara Riley at (925) 254-3368. For private sessions with Francesco or Daisy, available by appointment, email Daisy at [radiantlotus@gmail.com](mailto:radiantlotus@gmail.com)**