

Self-Healing Retreat for Cancer Patients

Introducing the latest breakthrough in cancer therapy—**YOU!**



A UNIQUE & POWERFUL
SELF-HEALING RETREAT FOR
PEOPLE WITH CURRENT OR
PAST CANCER AND THEIR
FAMILIES

WHAT?

A unique and powerful 7-day retreat to support cancer recovery and overall health

WHO SHOULD ATTEND?

People who are currently facing cancer, have had cancer in the past or have a family member with cancer. Participants with cancer are encouraged to bring up to 3 family members at a reduced price.

WHEN?

April 23-29 (Sun-Sat) 2017
9:00am - 5:30pm

WHERE?

The Institute for Integrative Health
1407 Fleet Street | Baltimore, MD 21231

COST?

Check our website for pricing. Discounts

Join us for a special self-healing retreat designed specifically for people who have faced cancer, & their families. You will learn anti-cancer qigong, nutrition, mindfulness, stress/pain management, acupuncture, & more, and gain powerful skills designed to:

- Maximize your body's self-healing potential
- Increase your energy and confidence
- Minimize the immune suppressing impact of fear and stress
- Boost your energy without side-effects and increase your confidence while decreasing fear
- Give you tools to use at home to maximize your health and wellness

READY TO LEARN MORE?

Visit our website at
www.cim.umaryland.edu/healingretreat/

Or contact Dr. Kevin Chen at
kchen@som.umaryland.edu or 410-706-6166.

Instructor: Kevin Chen, PhD, MPH

Dr. Kevin Chen is an associate professor at the University of Maryland School of Medicine, and president of the World Institute for Self-Healing, Inc. With Chinese origin and a life-long Qigong meditation practice, Dr. Chen is among the few scientists in the U.S. who has both extensive knowledge of Qigong as well as active involvement in Qigong meditation and research. He is the associate editor-in-chief of the English version textbook "*Chinese Medical Qigong*" (2010), and the publisher of *Yang-Sheng*, a magazine that promotes self-healing of the body, mind and spirit. Dr. Chen has extensive experience using Qigong and positive psychology to facilitate health and healing in people facing cancer and other health problems.

Selected Testimony from Previous Retreat Participants

“The healing Qigong workshop surpassed my expectations by a long shot. I highly recommend this workshop to anyone of interest. I came home with a renewed vigor, confidence, feeling of normalcy and hope that I had wanted. All of my family members want to take this course!”

--- XYZ from Texas

“What an absolutely amazing week this was! I can honestly say I was engaged every second of every minute. I’m a little sad the class has come to an end, but happy (thrilled) about what I have learned and I look forward to my practice....” “I am on a quest for Total Health after stage III cancer diagnosis, and I felt like I needed something more than what I was doing --- This is it!”

--- S.C. from Virginia

“This program is exactly what I needed when I needed it. My therapist has been gently trying to get me to use breath and meditation. The week-long intensive training has me finally understanding what she wanted me to do and how it will benefit me.”

--- J.N. from Pennsylvania

“Enjoyed the physical practice of Qigong and standing meditation. I also enjoyed learning about science of qigong, learning Chinese terms; enjoyed teacher Kevin -- Phenomena! Passionate! True very best! Opened my mind, my body, & my spirit!” “If I had this course 2 years ago, I would have taken less treatment and relied more on this practice.”

--- SLB (a M.D.) from Maryland

“I have taught meditation for many years and practiced meditation for years. I have never had the results that I have been having with the 1/2 hour standing meditation and one hour sitting meditation. ” “I now have a new focus, helping cancer patients understand & live well with their illness.”

--- R.C. (a Qigong teacher) from Florida

“I gained so much from participating in your Qigong Retreat. Being able to spend seven days in a row learning from you showed me that the more I use Qigong, the stronger I get.” “It's amazing what a difference it makes! Simple things like counting breaths, and my favorite tool, meditation, are all very effective.”

--- K.D. (83 year olds) from Maryland

“Amazing use of time to learn how to identify stress & what to do about it.”

“Kevin is an amazing teacher... a bright, caring, knowledgeable, and patient man. And his being humble, only add to his sense of character. He’s a great role model for us....”

--- M.F. (a Qigong teacher) from Maryland

“I loved this workshop! This is the kind of support I have been wanting & I feel it met a need both that I can articulate and not articulate. Just wish it was a longer workshop, as I feel it would be helpful for me to have this support for 2 weeks, or one month....”

--- XYZ from Texas