

Qigong

at EAST WEST BOOKSTORE

<http://www.eastwest.com/>

324 Castro Street, Mountain View, CA 94041
1-800-909-6161 or 650-988-9800



*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*



Friday, July 3
Qigong and the Art of Personal Empowerment

7:30pm • Free but call to reserve a place

Qigong is a 5,000-year old system of self-healing from China which combines optimizing breathing techniques, creative visualization and gentle, stretching movements to release blocked or stagnant energy. Learn how to relieve stress and super-charge your immunity using a few simple Qigong techniques in this fun, experiential evening with internationally acclaimed Qigong teachers **Francesco Garripoli** and **Daisy Lee**, whose award-winning Qigong DVDs have aired on PBS and Fit TV. See *workshop July 5*
To Reserve Tickets, Please Call 800-909-6161

Sunday, July 5
**Qigong and the Art of Personal
Empowerment**

12-7pm • \$75 in advance, \$85 day of event

Internationally renowned Qigong teachers **Francesco Garripoli** and **Daisy Lee** share fun, effective techniques to help you let go of stress, decrease doctor's visits, turbo-charge your immunity and empower your personal healing for optimal, radiant health in this all-day "playshop." Francesco is an author and president of the Qigong Institute, a non-profit research organization; he and Daisy have co-created an award-winning *Gaiam Qigong* DVD series. See *talk July 3*
To Reserve Tickets, Please Call 800-909-6161

Visit <http://www.wuji productions.com> and Francesco & Daisy's non-profit <http://www.kahunavalley.org> to learn more about their DVDs, books, and group healing/study trips to China, India, and Thailand.