Esalen®

QIGONG AND BODYMIND HEALING: THE SELF-HEALING PATH

August 12-17 2007

Become initiated into the thesis of Dr. Michael Mayer's book: Tai Chi and Qigong are initiatory traditions drawn from a long-lost lineage that includes self-healing, spiritual unfoldment, self-defense, and changing your life-stance. You'll learn the ten-system integrative method, *Bodymind Healing Qigong*, that Dr. Mayer synthesized over 30 years of training with some of the most respected Tai Chi/Qigong masters. You'll find a blend of anthropological research, case examples from Dr. Mayer's work in an integrative medical clinic, and stories from ancient, sacred wisdom-traditions. Two-person self-development practices, Western bodymind healing methods, and psycho-mythological work round out this fusion of ancient and modern approaches to bodymind healing. You'll discover ways to work with common ailments—insomnia, anxiety, hypertension, chronic pain– as part of your lifetime preventative medicine program. The workshop can be done with or without being part of the *Bodymind Healing Certification Programs*. For questions email: drmichael@bodymindhealing.com.

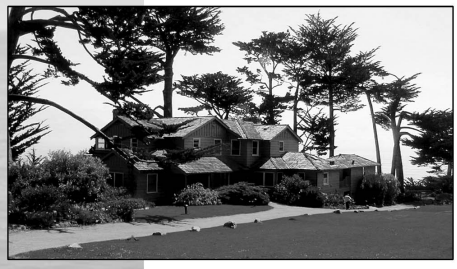
Recommended Book and DVD: Mayer, M. *Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi;* and *Bodymind Healing Qigong* DVD.

26 CEU Credits Available

Register on the web or call 831 667 3005

For additional information please contact info@esalen.org

Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.



Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.

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