



June 8th 3:00 PM to June 12th 3:00 PM, 2014
Wildwood Springs Lodge, Steelville, MO

Retreat for Women

Qigong Women in the Wilderness Retreat

Ancient Wisdom...for Modern Women



Qigong, Taiji, Subtle-Energy Work

- Phoenix Style Taiji
 - Chinese Soaring Crane Qigong
 - Reduce Stress & Have More Energy
 - Acupressure for Women's Health
 - Health Maintenance & Healing for Women's Body, Mind and Spirit
- ...and more

www.Retreat4Women.com

A Stress Free Place in which to Flourish

Enjoy a relaxed retreat setting and time to reconnect with your self, with nature, with old and new friends and learn Taiji, Qigong, and other techniques in a program specially developed to empower and benefit women.



Cost: \$600.00

includes lodging, meals & retreat program

For more info & to register:

Call 1-800-341-8895

E-mail: Kali@QiCentral.org

or CisHager@yahoo.com

presented by: Cis Hager & Rebecca Kali



Rebecca Kali is internationally recognized as an inspiring and passionate teacher, subtle energy healer and founding director of Qigong Alliance International, a global community with members from over 50 countries. She has studied Qigong in hospitals in Beijing, and Daoist Inner Alchemy in monasteries throughout China. She is a certified Medical Qigong instructor (QEA 1999), teaches many forms of Qigong, meditation, Daoist Alchemy, longevity practices, stress reduction and also leads spiritual journeys to China & Tibet. Rebecca lives in Ely, MN



Cis Hager has over 25 years of study in Taiji and Qigong offering personal health coaching, seminars and retreats using self empowering tools of ancient healing. She is a certified Medical Qigong Instructor (QEA 1998) and a certified Taiji and Qigong instructor with the *Chinese Internal Arts Center*. She is a tournament medalist, judge and co-creator of the DVD, T'ai Chi for Women. Cis lives in St. Louis, MO and Bozeman, MT