

## Retreat Registration

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Contact Person: \_\_\_\_\_

and their phone number \_\_\_\_\_

**\$700 before April 1<sup>st</sup>, 2011**

**\$800 late registration**

*\$50 discount per person if two sign up together.*

**(A payment plan is available. Call for details)**

If signing up with a friend: their name \_\_\_\_\_

Pre ordering book @ \$34.95 +\$5.00 postage \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

**Checks, Money Order, Master Card, Visa,**

**Discover and American Express are accepted.**

*(fees reflect cash discount, add 3% if paying by credit card)*

Card #: \_\_\_\_\_

Exp. date: \_\_\_\_\_ Auth. #: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

**Mail registration & payment to:**

**Medical Qigong Retreat**

**c/o Rebecca Kali**

**P.O. Box 750**

**Ely, MN 55731**

**To register by phone:**

**call 218-365-6330 or 800-341-8895**

**Questions?**

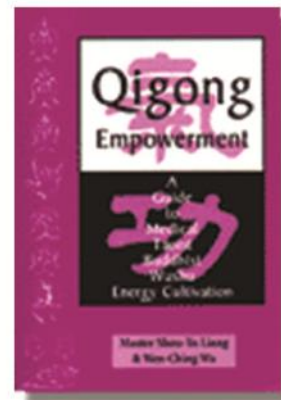
**We would love to hear from you, give us a call.**

# Spring Retreat

**April 28 to May 1, 2011**

## Medical Qigong

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**Dana Brown Nature Center**

**Shaw Nature Reserve**

**Gray Summit, MO**

**[www.Qigong-Retreat.com](http://www.Qigong-Retreat.com)**

## Qigong Retreat

**Suitable for ALL levels of experience.**

Join Rebecca Kali and Cis Hager for a special, immersion retreat blending free time with learning and practicing a Medical Qigong set from the Er-Mei tradition of one of their most beloved teachers, Grand-master Shou-Yu Liang, author of *Qigong Empowerment*.

### Medical Qigong

**(Baojian or Yiliao Qigong)**

is an integral and holistic system based on the energy pathways, (meridian system) of Traditional Chinese Medicine. It is a compilation of preventive, healing, and strengthening exercises derived from the long history of Chinese experience. The foundation of this system is a detailed set of techniques which use sound, movement, and intention to maintain, heal and rejuvenate the functions of the body. It includes methods for balancing main organ systems, relaxation methods and qigong for specific conditions. We will present the entire system as taught by Grandmaster Shou-Yu Liang.

### **This exciting program includes:**

The energy Meridians routine

Yin / Yang and Five Element Theory

Six Healing Sounds for Nourishing Life

Qi Permeating Technique,

Jing, Qi, Shen

Feel the Qi and more...

The book, *Qigong Empowerment* is available

for preorder, but not needed for the retreat.

**The retreat will conclude Sunday after lunch with an optional one hour tour on the Nature Reserve Wilderness Wagon.**

## Register Early - Space is Limited

The retreat begins at 4:00 p.m. on Apr. 28<sup>th</sup>  
and concludes after lunch on May 1<sup>st</sup>.

**\$700 Before April 1<sup>st</sup> 2011**

**\$800 Late Registration**

*Includes: lodging, all meals,  
instruction, and materials*

**Commuter Rate: \$575 before April 1<sup>st</sup> 2011**

**\$675 Late Registration**

*Includes: lunches, dinners,  
instruction, and materials*



**Lodging and retreat location:** The *Dana Brown Overnight Center* is a group of reconstructed historical cabins tucked away in the corner of the 2,400 acre Shaw Nature Reserve: the country home of the world renowned *Missouri Botanical Gardens*. The cabins have been modernized with heating and AC. and have bathrooms. There are modern shower houses for men and women with private showers with attached dressing areas. Men and women will be housed in separate cabins. The Freund Center will serve as the dining room as well as indoor classroom.

Visit [www.shawnature.org](http://www.shawnature.org)  
for a virtual tour

**Travel directions:** Just 40 minutes from downtown St. Louis, west on Highway 44 to the Gray Summit exit. Left over the highway.

*Contact Cis for carpooling  
and travel details.*

## About the Presenters



**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. [www.QiCentral.org](http://www.QiCentral.org) 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 and leads spiritual journeys to China & Tibet. Rebecca lives in Ely, MN and can be reached at:

E-mail: [Kali@QiCentral.org](mailto:Kali@QiCentral.org)

Phone: 218-365-6330 or 1-800-341-8895

Websites: [www.Dao-of-Well-Being.com](http://www.Dao-of-Well-Being.com) and  
[www.QigongChinaTrip.com](http://www.QigongChinaTrip.com)

**Cis Hager** has over 25 years of experience studying Chen Style, Yang Style, Phoenix Taiji, sword, push hands, Taoist and Buddhist Qigong. She was a tournament competitor, national champion and judge. Cis is a Certified Medical Qigong Instructor (*Qigong Empowerment Association 1998*). She too has traveled to China both as a personal pilgrimage and with her Taiji school to study with their grandmaster. Cis is the co-producer of the video, *Tai Chi for Women*. and now lives in Bozeman, MT. She can be reached at:

E-mail: [cishager@yahoo.com](mailto:cishager@yahoo.com)

Phone: 314-406-5497

Website: [www.stltaiji.com](http://www.stltaiji.com)

**Together they co-lead extraordinary  
summer retreats at the edge of the  
Boundary Waters Canoe Area  
Wilderness in northern Minnesota.**



Cut Here and mail

## Questionnaire

**Men and women will lodge in separate cabins.  
You must provide your own single bed size  
linens and bath towels.**

*Please indicate the following:*

Do you prefer a top bunk or bottom bunk?

Top  Bottom  Either

Breakfast items will be provided for you to make your own breakfast. Please list 3 items you want us to provide along with a list of favorite beverages: choices of tea, herbal tea, coffee, decaf, juice type.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

You are welcome to bring any favorite snacks, beverages, etc. for yourself.

**Please list here or separately all that apply:**

I am a vegetarian  I eat poultry  I eat fish  
 I eat seafood  I eat red meat

**Please list any special dietary requirements:**

Please list allergies or any medications  
that we should know about.

**Please tell us of any health conditions which might  
limit your participation. We can accommodate  
most issues if we know in advance.**

**If you are arriving before April 28<sup>th</sup>  
Nearby Accommodations:**

Travel Lodge: Diamond Inn: 636-742-3501

Quality Inn: 636-257-8400

Comfort Inn: 636-257-4600

Jellystone Campground: 636-938-5925