



SHENG ZHEN QIGONG

KUAN YIN FORM

Your Body *is* your Sacred Vessel.
Through inspired and graceful movements,
this practice will open the door of your
heart and reveal the light of Kuan Yin: the
essence of your true nature- Joy and
Radiance.

Qi, the Life Force, will move through your
body's meridians, dissolving blockages,
restoring exquisite aliveness and a deep
sense of inner peace.

Date: Sunday October 30, 2016

Time: 10 am to 1 pm

Location: *The Studio on 4th Street*

1510 4th Street Suite #2

Berkeley, CA 94710

Fee: \$60

Contact: Marie Christine 510-599-3699

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Marie Christine Cornet is a certified instructor in Healing Tao, Sheng Zhen Qigong, and Supreme Science Qigong. She has studied extensively with renowned Qigong masters in Asia, Europe and the US. She loves to share what she has learned.