

# HEAVEN AND EARTH QIGONG:

REVITALIZE AND TRANSFORM WITH NATURE'S HEALING POWER

With Qigong Master *Kenneth Cohen*

in beautiful

Kailua - Kona, Hawai'i

February 10-12, 2012

## RARE HAWK, SNAKE & WHALE QIGONG

*Cultivate a deeper connection with Nature's healing forces!*

Heaven (Hawk), Earth (Snake), and Water (Whale) are three primary forces in Taoism. You will learn dynamic Hawk Flying Methods that imitate the soaring and swooping motions of the hawk and that open your spiritual eyes to see from a higher, broader perspective. Hawk is complemented by the Snake: slow, gentle, coiling movements that dissolve tension, increase the body's supply of qi (healing energy), and sharpen awareness and intuition. Finally, learn the graceful Whale, created by Ken Cohen after more than 10 years of whale observation. Develop extraordinary strength as you swim with the currents of life force. No previous experience needed, beginners welcome.

Join us at the magnificent Keauhou Beach Resort, a first-class hotel, famous for its crystalline waters frequented by swimmers, snorkelers, and honu (sea turtles). The Resort grounds also include a Spa and Hawaiian cultural center, with classes in Hula, lei making, chanting, and other cultural arts, free for hotel guests. Pre- and post-workshop excursions can be arranged by the Hotel's expert travel desk. Ocean view rooms will be available to workshop students at an extraordinary discount!



*Ken Cohen with his wife Grace Sesma*

*Schedule:* Fri, Sat, Sun 9AM-12, 3-6 each day

*Tuition:* \$425. \$450, after October 10.

Travel and lodging not included. Reserve with \$100 non-refundable deposit by U.S. check (payable to Kenneth Cohen) or credit card.

**Registration** call 303-258-0971 or

email [info@qigonghealing.com](mailto:info@qigonghealing.com)



**Ken Cohen, M.A.**

*Winner of the Alyce and Elmer Green Award for Innovation and Lifetime Achievement in Energy Medicine, is a renowned Qigong and Tai Chi Master with more than 40 years experience.*

*Ken's work has been sponsored by the American Cancer Society, the Canadian Ministry of Health, the Mayo Clinic, and numerous universities. He is the author of *The Way of Qigong and Honoring the Medicine*, as well as the best-selling *Sounds True* audio and DVD courses.*

[www.qigonghealing.com](http://www.qigonghealing.com)

EARLY REGISTRATION IS RECOMMENDED!