

Self-Practice in Meditative Energy Healing of Body-Mind-Spirit

Sun & Moon Mystical Qigong

Form 1: Sunday February 3rd, 2-5 pm in Bolton, MA

“Pangu Shengong,” is also referred to as “Pangu (Sun & Moon) Mystical Qigong” (Chigong). **“Shengong”** is the quiescent, mystical branch of **“Qigong,”** a healing movement system based on the energy theory of acupuncture and tai chi. Shengong practice opens a person to the universal life force to improve: health, vitality, emotional harmony, athleticism, and spiritual interconnectedness.

Form 1, though called “The Moving Form” is a gentle & effective nonphysical self-healing method. This easy to learn practice is suitable for all since it can be enjoyed standing, sitting or lying down!

Instructor Robin Bonazzoli, MAc, www.countrywellhealing.com is a licensed acupuncturist with 30 years of experience in tai chi, martial arts, and qigong in Japan, China and the U.S., including 11 years in Tokyo. She was certified to teach Pangu Shengong by its originator, Qigong Master Ou, Wen Wei. Robin transmits this remarkable healing system from its basis in kindness and benevolence. Students learn why this healing works from its root in ancient Chinese medicine and cosmology.



Why are the tens of thousands worldwide practicing Pangu Mystical Qigong?

Those seeking to cure or alleviate injuries, illness & pain receive a remarkable daily self-healing method that directly involves them in their own recovery from: diabetes, arthritis, heart disease, nervous system & endocrine illnesses, headaches/migraines, hypertension, muscle-joint-bone issues, strokes, insomnia, women’s issues, fatigue, low motivation, asthma & other COPD, cancers, auto-immune diseases, addictions, anxiety, hyperactivity, attention deficit, depression & emotional issues, digestive issues, infections, kidney/bladder, hearing or sight loss, balance and coordination issues...!

Those seeking enhanced well-being, an opening to creativity, & spiritual advancement receive a revolutionary meditative practice, complementary to any spiritual or religious belief.

Those seeking peak conditions as athletes, martial artists, yoga practitioners & dancers receive regenerative energy for increased: vitality, strength, flexibility, agility, mind-body integration, focus, & memory. Let old, chronic and recent injuries heal toward renewal and a younger condition.

Seminar Tuition: \$130/person including practice CD (payable by check or in cash)

Note: \$60 of your tuition supports Master Ou’s healing charity in rural China & other areas of Asia.

For Registration & Location in Bolton 978-618-3450 or email robinbonazzoli@verizon.net