

# Qigong

with **Eva Wong**

June 21-22  
Evanston, IL

rouse circulate transform *energy*



**Eva Wong** has published numerous books on energy cultivation, Daoism, and feng shui. Ms. Wong is a 19<sup>th</sup> generation lineage carrier of Xiantianwujimen Daoism and teaches qigong as a spiritual discipline that cultivates body and mind simultaneously. These first two of a nine-level program series teach the fundamental qigong forms of the system and include presentations and discussion of Daoist qigong classics. For the benefit of participants, participation in both programs is recommended and preferred.

**Level I: "Techniques of outer and inner Qigong"**

June 21 9am - 6pm Chiaravalle Montessori School, 425 Dempster in Evanston (Prerequisite: None) Fee: \$100

**Level II: "Nine Self-Massage Techniques and Twelve Devas Tendon-Changing System"**

June 22, 9am - 6pm, Chiaravalle Montessori School, 425 Dempster in Evanston (Prerequisite: Level I) Fee: \$100

For more information and to register (space limited), visit:

[www.chicago.shambhala.org](http://www.chicago.shambhala.org)

or call (773) 743-8147

Sponsors:



**SHAMBHALA**  
MEDITATION CENTER  
OF CHICAGO

**AIDS Foundation**  
OF CHICAGO