

AWAKENING LIGHT GONG



Wood Valley Temple, Big Island, 2008 T. Applegate

WITH

TERI APPLGATE

*Certified Qigong Instructor &
Licensed Acupuncturist*

ON

SUNDAY, MAY 2ND, 2010

9 AM - 4:30 PM

One of the most advanced forms of qigong. Awakening Light Gong is powerful in that light is the carrier of qi so it is beyond a structured form. The sitting meditation has both a mantra and mudra to enhance the practitioner's openness to the spiritual light of the Universe. In turn, the light manifests into the healing qi coming from the ever abundant source. The standing routine is said to be formless, with music designed to lead practitioners into their unique spontaneous movements which move qi through the acupoints and meridians.

Grandmaster Liang, Guang Hua was inspired to create Awakening Light Gong from his lifelong studies in Buddhism, Zen Meditation, Daoism, and travel in India. Awakening Light Gong is especially unique in that the accompanying practice music promotes opening of the Central Channel leading to movements which then become the form.

An important qigong form to aid in the awakening of humans on this planet, collectively its practitioners will benefit in level of consciousness. This workshop is open* to those new to qigong, and to those who have learned another qigong form (after 6-12 mos. in that form especially if recovering from a serious illness).

(However, Awakening Light Gong is contra-indicated for those diagnosed with psychological disorders such as schizophrenia, bipolar, or borderline personality disorder.)*

Location: Feminist Karate Union, International District
1426 S. Jackson, Seattle, WA 98144

Tuition: \$125 (includes materials) if postmarked before 4/27/10
\$150 (includes materials) after 4/27/10

For info visit www.teriapplegate.com or call (206) 778-9907

AWAKENING LIGHT GONG
SUNDAY, MAY 2ND, 2010

REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

EMAIL: _____ PHONE: _____

PRIOR QIGONG EXPERIENCE: _____

HEALTH CONCERNS: _____

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Tuition: **\$125 (includes materials) if postmarked by 4/27/10**
 \$150 (includes materials) if after 4/27/10
 (Discount given to those re-taking the workshop.)

Location: **Feminist Karate Union, International District**
 1426 S. Jackson, Seattle, WA 98144

Time: **9 AM to 4:30 PM**

Send Registration & Check to:	Teri Applegate Healing in Harmony with Dao PO Box 33742 Seattle, WA 98133 206-778-9907 www.teriapplegate.com
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Refunds only given with 48 hour advance notice of cancellation.