

# Awaken the Healing Power of Qigong

A One-Day Workshop with Master Teacher & Author  
Dr. Roger Jahnke, OMD



**Friday, October 17, 2014**

**9:30 AM to 5:30 PM**

**Unitarian Universalist Congregation  
of Monmouth County**

**1475 West Front Street, Lincroft, NJ**

**Open to ALL. Deepen your practice or join us as a beginner.**

The greatest promise offered by the ancient practice of Qigong is that we can transform our own pain and suffering in body, mind, and spirit. In addition, we can maximize our potential and satisfy our curiosity about well-being, healing, empowerment, and the deeper aspects of our own being.

Drawing on 40 years of experience and nine trips to China's sacred mountains, Dr. Roger Jahnke will guide us in the profound practice of Qigong with the intention of awakening, cultivating, and refining our own natural healing.

Starting with the ancient Three Treasures and Qi awareness, we will explore transformative Qigong practices distilled from Dr. Jahnke's book, *The Healing Promise of Qi*, and from his vast knowledge of Chinese medical theory, the philosophies of Taoism and Buddhism, and key elements of Western physiology, psychology, and quantum physics that relate to the ancient practice of Qigong. Possible explorations in the workshop include practice of the Small Heavenly Cycle - Microcosmic Orbit or some portions of Primordial Qigong. Dr. Jahnke's presentations can be intriguing, informative, inspirational, transformational, and fun!

Roger Jahnke, OMD, is an amazing and inspiring teacher. He practiced Chinese medicine clinically for more than 25 years and is the author of two best-selling books, *The Healer Within* and *The Healing Promise of Qi*. Roger teaches at Omega and Kripalu in the East. He is the director of the Institute of Integral Qigong and Tai Chi (IIQTC.org).

**Register early. Space is limited.**

*When Roger presented a workshop here in 2012, it filled quickly and there was a waiting list.*

**COST:** \$110 if registered by October 1<sup>st</sup> \$130 after October 1<sup>st</sup>

Please register online at [www.qigongforgoodhealth.org](http://www.qigongforgoodhealth.org) or at the link below

Send check made out to: Maxine Forster Guenther, P.O. Box 2015, Red Bank, NJ 07701

Questions? Feel free to e-mail Maxine at [qigongomi4@verizon.net](mailto:qigongomi4@verizon.net)

**Link to ONLINE FORM:**

<https://docs.google.com/forms/d/1Lk8pGGBIsqaFBxEbOARq3EBYiOiiF7ymXtNDvXZ1VCc/viewform>

Sponsored by Maxine Forster Guenther, M.A. "Qigong for Good Health"



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