

# Roger Jahnke, OMD

Saturdays, 10 AM to 1 PM  
Schott Campus, Room 31, Tuition \$25  
310 W Padre St, Santa Barbara, CA

## Center for Lifelong Learning

### **Golden Elixir of Longevity - The Body \* 4/16/2016**

The 'Body' - In ancient Shamanic and Chinese medicine, the body is the vehicle for the 'Mind' and 'Spirit'. It is one of the three 'Glorious Treasures' of the Golden Elixir - Body, Mind, and Spirit. The body vehicle is at risk for depreciation as well as empowerment.

### **Golden Elixir of Longevity - The HeartMind \* 4/23/2016**

The 'HeartMind' - In ancient Shamanic and Chinese medicine, the bridge between the 'Body' and the 'Spirit' - the 'HeartMind' - is one of the three 'Glorious Treasures' of the Golden Elixir. The ancients understood how to incorporate cultivation of the HeartMind - intellect, emotions - into their everyday lives.

### **Golden Elixir of Longevity - The Spirit \* 4/30/2016**

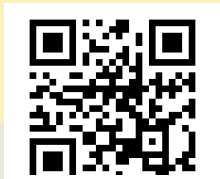
The 'Spirit' - The immortal self is one of the three 'Glorious Treasures' of the Golden Elixir of Body, Mind, and Spirit. 'Spirit' in ancient Shamanic and Chinese medicine is the eternal aspect of self. Explore why the definition of immortality that we typically use is faulty.

\*CEUs RN/LVN/CNA, MFT/LCSW Contact hours: 3



### **About Your Teacher: Roger Jahnke, OMD**

Dr. Roger Jahnke, OMD is researcher, author, and Doctor of Traditional Chinese Medicine with 40 years of clinical practice and 9 research pilgrimages to China to study its healing traditions. He is Director and Lead Trainer of the Institute of Integral Qigong and Tai Chi (IIQTC) and Board President and co-founder of The Healer Within Foundation.



Wake Campus: (805) 964-6853

Schott Campus: (805) 687-0812

Register online: [www.theCLL.org](http://www.theCLL.org)

Or in person at either campus main office.

**REGISTRATION STARTS February 23, 2016**