

# Medical QIGONG

A two-day training conducted by Roger Jahnke, O.M.D.

*Saturday & Sunday • August 26 & 27, 2017  
9:30am to 5:30pm • Coastal Georgia Center*

In this training, you can become a Certified Medical Qigong Practice Leader and learn how to share health self-care methods in community centers, assisted living facilities, neighborhood parks, wellness programs, yoga studios, churches, social service agencies, support groups and more.

Based on the best-selling book, *The Healer Within*, by Dr. Jahnke, these mind-body practices reduce stress, promote relaxation, strengthen the immune system, prevent disease and optimize overall health and vitality. The easy-to-learn methods can be performed standing, sitting or even lying down, and can be tailored to the specific needs of any individual or group.

Medical Qigong has roots in ancient traditions and in modern science. These health self-care practices help your body mobilize its own extraordinary self-healing capacity through four essential methods:

- Breathing exercises
- Gentle movements and body postures
- Self-massage techniques
- Mental focus practices, including mindfulness meditation.

These methods will equip you with powerful wellness tools you can use for a lifetime.

*Registration fee is \$330  
Early bird registration  
(before August 7) is \$290*

For directions, more information, or to register, contact:  
Linda Archinaco, 843-422-0387 or ArchinacoL@aol.com

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# Training Details

**Saturday & Sunday • August 26 & 27, 2017 • 9:30am to 5:30pm  
Coastal Georgia Center, 305 Fahm Street, Savannah, GA 31401**

**Registration fee is \$330. Early bird registration (before August 7) is \$290.**

**The fee includes a copy of the book, *The Healer Within*, a Practice Leader Certificate, access to a follow-up internet support program, web library and exclusive professional Facebook group.**

**Local Savannah Practice Leaders will also receive:**

- **Ongoing support from Savannah resident, Linda Archinaco, a certified IIQTC (Institute of Integral Qigong and Tai Chi), trainer with 12 years experience in teaching, coaching and coordinating practice groups.**



**Dr. Roger Jahnke, O.M.D.**

**The workshop presenter, Dr. Roger Jahnke, O.M.D., is doctor of Chinese Medicine with 40 years of clinical practice, including nine research tours to China where he studied ancient healing traditions. He is founder and director of the Institute of Integral Qigong and Tai Chi (IIQTC), and has trained over 1,000 trainers and practice leaders to promote health self-care. He serves as a consultant to hospitals, social service agencies and corporations in developing wellness programs and reducing medical costs. A partial list of clients includes the Mayo Clinic, the National Council on Aging, the Veterans Administration and the American Medical Association.**

**The IIQTC is dedicated to mobilizing citizens of all ages, professions, economic and social status to accept responsibility for personal health self-care and to promote the positive transformation of healthcare.**

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**Cancellation/Refund Policy: Notice of your cancellation must be received in writing no later than two weeks before the start of the training. A full refund of the amount paid, less a \$75 USD, processing fee, will be offered for cancellations made on or before 11:55 pm EST, Friday, August 11, 2017. There is no refund for cancellation if the registrant does not attend the program or leaves the program early. Should it be necessary to cancel the program, registrants will receive a full refund.**