

# La Casa de María

AN INTERFAITH RETREAT AND CONFERENCE CENTER IN SANTA BARBARA

*Awaken Your Healer Within:  
Ancient Secrets to Resolve  
Modern Challenges  
with  
Roger Jahnke  
November 14–16, 2014  
Friday, 7:30 pm - Sunday, 1 pm*



A cosmology of unbroken wholeness lies within ancient Asian understandings of spirit/mind/body medicine and wellness. This wholeness is present within you. All the necessary biological components of self-healing have existed for thousands of years. The most profound healer is within us.

Come learn and practice how to heal yourself for free, release your body's own internal medicine and access greater well-being and deeper peace through ancient practices still revered in modern time—meditation, breathing exercises, self-applied massage, and gentle movement.

You will learn easy practices that you can keep and use for the rest of life! These retreats are deep and inspiring and the like-minded people who attend will touch your heart.

*12 CEUs for LCSW and MFT*

**Dr. Roger Jahnke**, physician, author has been to the sacred mountains of China nine times and has taught many thousands the wellness practices of Qigong and Tai Chi. He is the founder of the Institute of Integral Qigong and Tai Chi of Santa Barbara. Roger is an internationally known doctor of traditional medicine, a wise teacher, author, and healer. He is the author of *The Healer Within: The Four Essential Self-Care Methods for Creating Optimal Health* and *The Healing Promise of Qi: Creating Extraordinary Wellness through Qigong and Tai Chi*.



**Program Fee:** \$400. Includes 2 nights lodging in shared room, meals and tuition. Single supplement \$100. *Limited partial scholarships are available, application required.*  
Commuter rate \$300. Includes meals and tuition. \*10 CEUs Available.

Register online: [www.lacasademaria.org](http://www.lacasademaria.org) or call 805.969.5031

