

Free Concert / Qigong Meditation

Sunday September 20

6:00 P.M. — 7:30 P.M.

Doors Open at 5:15

First Presbyterian Church
373 4th Ave South
St. Cloud, MN 56301
(2 blocks north of SCSU campus)

Qigong (chee-gong) is a form of meditation exercises that help people increase self-awareness, build internal energy and develop a healthy body physically and spiritually.

Amazing Spring Forest Qigong Success Stories And Praise...

"Like Yoga, Qigong teaches you to balance energy in your body. Master Chunyi Lin has developed an easy-to-follow program that will allow you to incorporate the health benefits of Qigong into your daily life."

Deepak Chopra, M.D. Best-selling author of "Ageless Body, Timeless Mind" and "Quantum Healing"

"Qigong adds significantly to the quality of life of our cancer patients. Chunyi Lin is unique in the application of Qigong, because of his development of his own style of Qigong. "

Neil Kay, M.D. Mayo Clinic, Rochester, Minnesota, Department of Medicine, Division of Hemoglobinopathy. Former Medical Director of the David Hickok Memorial Cancer Research Laboratory, Virginia Piper Cancer Institute, Minneapolis, Minnesota



SFQ

SPRING FOREST QIGONG

