

March 17, 2012

Andrea Sullivan - "Five Element Qigong"

Andrea's presentation will include information on:

- ~Introduction to the Five Elements
- ~Emotional ecosystem of the body
- ~Effective Medical Qigong methods for the five organs
- ~Five Element Qigong
- ~ Qigong practice and Q&A

Andrea Sullivan has been inspired to learn methods of holistic healing bodywork and exercises to first improve her health and then share what has been so profound and beneficial to others. Andrea first learned about Qigong from her father who practiced with her from the age of 6. Her mother, interested in alternative healing taught her about herbal remedies and acupressure points, which was a huge inspiration for her interest in the healing arts later in life.

Andrea later deepened her studies of the Universal Healing Tao system with Sarina Stone and completed her teacher training with Grandmaster Mantak Chia in Chiang Mai, Thailand. Since then there have been beneficial teachers that have grown her understanding of Qigong, Chinese Medicine and the Spiritual Body.

For eight years Andrea has been a practitioner of Shiatsu Anma, Chinese Abdominal Detox Massage (Chi Nei Tsang), Thai Yoga Massage, and Taoist Medical Qigong and meditation. Andrea is currently a teacher at Centerpoint for Shiatsu Anma, as well as a Chi Nei Tsang teacher in the Midwest. She offers private and ongoing classes for Qigong & meditation in multiple locations around the Twin Cities.

"Qigong has changed my life completely and given me all the tools to transform my emotions and their strong effects on the body. This has showed me ways to connect with the forces of nature in and around me and has made it possible to be supported in learning from my environment and allow my true nature to shine. May we all have the tools to heal and reveal our budding potentials for life! "

~Andrea Sullivan