

September 20, 2014 – Presentation by Barb Palmer

Energy Detecting and Removing Blockages

When our energy systems/meridians get blocked the energy or Qi cannot move through the body to keep it healthy and balanced. Then pain, discomfort or illness can occur. Learn to detect energy blockages in the body and use the Spring Forest Qigong Sword Fingers Technique to remove the blockages and balance the energy. There will be time to practice with a partner. Please bring a paper and pencil if you wish to take notes.

Barb loves helping others to empower themselves using Spring Forest Qigong techniques, so they may experience balance, joy, health and wellness. She is a SFQ Master Healer and Certified Instructor for Levels 1 & 2, who has been practicing and studying with Master Chunyi Lin since 1997.

A dedicated volunteer at nonprofit Pathways Health Crisis Resource Center, Barb teaches SFQ, guides practice groups and provides individual energy balancing sessions. It creates great joy for her to contribute and share her knowledge of SFQ, assisting individuals at Pathways since 2002. Barb teaches qigong throughout the Twin Cities in adult education classes, private workshops and is an adjunct professor at Anoka Ramsey Community College. She has taught classes with Master Lin at Normandale Community College and has worked as a healer at the SFQ Wellness Center.

Barb has been a meditation leader and guest healer at SFQ conferences, events, Guild and Association meetings and was the Presentation Services Coordinator for the SFQ International Guild *Reach Out* Program. She has been a presenter for various groups and conferences in the Twin Cities, relating with individuals from teens to seniors.