



Reclaiming Your Power

A Qigong Connection Free Appreciation Day Retreat

We are offering this retreat to the Qigong Connection Community with gratitude and joy. The intent has been sent out to the Universe for participants to reclaim their personal power. Let us come together as a community to deepen our understanding of and to share the beautiful energetic benefits of Eastern Medicine.

WHEN: Saturday, March 2, 2019
TIME: From 9:00 am to 4:30 pm
WHERE: The Carondelet Center, St. Paul, MN
COST: No fee for the retreat, \$15 for lunch on site
SIGN UP: www.qigongconnection.com

Morning and afternoon snacks will be provided during the breaks.
Lunch on site is \$15 per person or you may choose to dine on your own.
(Must choose and pay for the on site lunch option at registration.)
Deadline for registration is midnight Friday, February 15, 2019.

Speakers for the day will be:

Mary Zelmer

Mary is an energetic alchemist tapping into the healing energies that are here to help, love and guide you. Mary has been studying Qigong for over 17 years and will focus on movements and breath to help us learn how to develop awareness and connect to our sources of power.

Joi Thomas

Joi is passionate about translating ancient healing practices to help her patients maintain their physical, emotional and spiritual health every day. Joi will share ways to harness the five elements of Traditional Chinese Medicine to amplify your power.

Patricia Vivant

Patricia is an energy healer who accesses a variety of ancient energy streams. Her work with sound healing touches and transforms on a physical, emotional and spiritual level. Experience a channeled Tibetan crystal bowl meditation to create a healing process for everyone present.