

Lee Holden - Qi Gong for Summer Workshop

PRODUCT DESCRIPTION

Qi Gong for Summer is about living life to the fullest

It's about living with joy, open-hearted enthusiasm, passionate endeavors, deep friendship, and expressions of love.

Summer invites an awakening of the heart. Nature is continues to bloom with life and growth in this season. The wisdom of the heart blossoms in summer.

It is the spark of light that calls forth new love and abundant inner growth.

In this workshop we will open the wisdom of the heart using Qi Gong. This will help us let go of the past, release pent-up emotional stress we've carried through Winter, and cultivate love, joy and happiness in all areas of our life.

Summer relates to the fire element.










Fire represents the source of life force energy, the electricity in the heart, and the power of love. When the fire element is in balance, the heart feels strong, the mind is calm, and sleep is sound.

What is your heart calling for?

In this workshop we will:

- Awaken the wisdom of the heart using specific Qi Gong flows
- Release attachments to negative emotions that no longer serve
- Learn to let our heart's "knowing" guide us
- Cultivate loving kindness and compassion for ourselves and others
- Learn the secret techniques of "Phoenix Rising" Qi Gong to unlock our power and grace
- Build up a protective shield to help us avoid taking on other people's "sticky" energy

Proof Content

	#Screenshot.pdf			181 KB
	Bonus Summer Routine.mp4			1.2 GB
	Full Workshop Replay.mp4			4.6 GB