



For More Information Please Visit: www.taichihealing.org

May 2, 2015, 9AM to 5PM

At: Open Spirit, 39 Edwards St. Framingham, MA
01701

Conference Fee: \$135 (Before April 10th)
\$150.00 (After April 10th)

Healthy Lunch is included

By Attending This Conference You Will:

- Discover proven, natural healing and prevention strategies for a healthier and more rewarding life
- Learn therapeutic methods that work miraculous
- Enjoy a yummy and healthy lunch
- Receive positive group healing energy
- Rejuvenate, refresh, and relax your body, mind and spirit
- Network with conference attendees and make new friends; be around with positive and supportive people

Programs Offered: Scroll Below for Descriptions

- **"Five Secrets To Natural Healing"** Presented By *Dr. Aihan Kuhn*
- **"Qi Gong, the Best Healing Exercise"** Presented By *Jeanne Donnelly, Senior Instructor*
- **"Qi Gong Research and Neuroplasticity"** Presented By *Sheree Loftus, PHD*
- **"Tai Chi for Energy, Immunity and Stress Reduction"** Presented by *Joe Foley, Senior Instructor*
- **"Cancer Healing the Natural Way"** Presented By *Dr. Aihan Kuhn*
- **"The Power of Complements"** Presented By *Debby Hoffman Adair, Former President of the NSA*

Ways To Register:

1. Call 617-981-2039 using your credit card
2. Mail check to: Tai Chi & Qi Gong Healing Institute, 1214 Fraser Pine Blvd. Sarasota, FL 34240
3. Online through our website @ www.taichihealing.org

Program Descriptions:

9:00 to 10:15 AM: "Five Secrets to Natural Healing" (Presented by *Dr. Aihan Kuhn*)

To some degree, everyone needs some healing and everyone deserves to "feel good". If you know the Healing Secrets that I will share with you on May 2nd, and by practicing these healing strategies, you can heal yourself and bring back your happiness. Practicing this healing wisdom will help you prevent many illnesses, as well as help your emotions, energy, relationships, and improve performance at work. It is effective, practical and results are instantaneous.

10:30 to 11:30 AM: “Qi Gong, the Best Healing Exercise” (By *Jeanne Donnelly, Senior Instructor*)

Qi Gong is a form of healing exercise that has been around for thousands of years. It has been proven to enhance health and well-being, improve cardiovascular function, heal specific acute diseases, and increase longevity. Today, millions worldwide practice it. With regular Qi Gong practice, you too can improve your mood, reduce stress and improve immune function. This session will teach easy-to-learn Qi Gong exercises that will have a positive impact on your daily life.

11:45 to 12:15 PM: “Qi Gong Research and Neuroplasticity” (Guest Speaker: *Dr. Sheree Lofts, PHD*)

Dr. Loftus has participated in neurological research since 1980 in studies on Alzheimer’s and Parkinson’s disease. Her doctoral work was on “Qi Gong to Improve Postural Stability for Parkinson’s Fall Prevention: A Neuroplasticity Approach”. This was published in Topics in Geriatric Rehabilitation in 2014. She will share her study with us.

12:15 to 1:15 PM: Lunch

1:15 to 2:15 PM: “Tai Chi for Energy, Immunity and Stress Reduction” (By *Joe F. Senior Instructor*)

Tai Chi is a special exercise that integrates mind, body, breath and intention to promote internal energy flow (Qi, Life Force). This practice can produce profound benefits for both healing and wellbeing. Tai Chi helps regulate vital organ systems, improves energy and immune function, balance emotion, and helps to reduce stress.

2:30 to 3:30 PM: “Cancer Healing the Natural Way” (By *Dr. Aihan Kuhn*)

There are many ways to treat cancer using conventional medicine. There are some alternative ways to help treat and heal

cancer as well. This special program will introduce you to the most efficient way to integrate natural healing methods to accelerate your healing and to prevent cancer relapse. You will learn how to strengthen your immune system, learn the right diet for your healing process, and how to build an anti-cancer mentality. You will be introduced to a special "Qi Gong for Cancer Healing" exercise. This program will be an informative and eye opening experience.

3:45 to 4:45 PM: "The Power of Compliments"
(By *Debby Hoffman Adair, Former President of National Speakers Association*)

"Find Something Nice to Say – the Power of Compliments" is a simple program filled with compelling results. By using the easy-to-do technique of giving compliments, healthy positive energy is created and the amazing effects can be felt not only within you, but also worldwide. This program will show you: the five different types of compliments, the 3 rules of complimenting, ways to create designer compliments specific to each individual in your life, and how the act of using caring words can change the way we see people and change the way they see themselves. A positive mind reflects a positive health. The power to create positive change is in your hands!

4:45 to 5:00 PM: CONCLUSION

Have a unique experience with Dr. Aihan Kuhn. Share the healing energy, and continue being nourished, nurtured, and energized. Experience the feeling of your body, mind and spirit becoming one, filled with free-flowing, positive energy. "We come here to learn and to share, to laugh and to have a good time, to heal and to be nourished, to be loved and to be inspired. We are connected like a big family. We want our family to be healthy and strong". - Dr. Kuhn