

## **2019 Free Vancouver Medical Qigong Clinic for Gynecology, Neurology and Geriatrics**

Sessions available

Saturday, March 16th at 10:00 AM and Sunday, March 17<sup>th</sup> at 9:45 AM and 11:30 AM

Location: Carey Centre, 5920 Iona Dr., UBC, Vancouver

Parking available. The Carey Centre offers 2 hour parking passes for \$3.50.

Schedule your session by filling in the Clinic Registration Form:

<http://www.emptymountain.com/t7-clinic-registration.php>

Or contact: [wendy@emptymountain.com](mailto:wendy@emptymountain.com)

There are a limited number of spaces available and our clinics do fill quickly. Please give us your preferred date and time, we will do our best to accommodate you. Information: It is important that you inform us about any specific conditions you may have, in order for your therapist to be more fully prepared to work with you. Your therapist will share some details of your session with the other students as part of the learning experience. Your name will not be used and all information is considered strictly private and will not go beyond the clinic. You do not need to share any more information than you are comfortable with.

Timing: It is very important that you arrive on time as you will have two therapists waiting for you, and so your session can begin in coordination with others in the room. If for any reason you have to cancel, please let us know as soon as possible. Please remember, there will be two Therapists assigned and waiting to work specifically with you.

About: Medical Qigong Medical Qigong has been used in China very successfully to treat many conditions. Qi emission is used to send Qi energy into the body to charge up the immune system, helping the body restore health and vitality. A full treatment involves cleansing the body, restoring vital energy and balancing the systems. In China Qigong hospitals were created provide wonderful treatments with great results.

What to expect: You will be working with experienced, second year students who are Medical Qigong Practitioners, certified by Empty Mountain and/or the International Institute of Medical Qigong. The treatments are gentle yet powerful and are specifically tailored to what each individual body, mind and spirit needs. There is no need to undress, so soft, comfortable clothing is recommended. Your practitioner will be doing an intake, so please be ready to give them the important details of your health history. They may also want to feel your pulse and/or take a look at your tongue. You will be lying on a massage table for the session and should feel very comfortable throughout as the practitioner works with hands both on and off the body.

Following the session they will be asking for feedback and then recommending some prescription homework qigong exercises tailored precisely to your needs so you can continue the healing journey after the session. It will be up to you if you would like to have one of the practitioners follow-up with you through sessions either in person or at a distance.

Thank you! It is an invaluable gift for the Medical Qigong Therapy students to get real life experience. We are extremely grateful to have you volunteer as a participant in our clinic.

We look forward to seeing you there.