

Dragon Qigong Retreat

The Alchemy of **Fire** and **Water**



With Donna Oliver and Sheila Furness
Friday, November 18 to Sunday, November 20, 2011
\$325.00* (plus HST)

In Chinese tradition, the dragon represents transformation. During this weekend retreat, appropriate for beginners and experienced participants, we will cultivate the energies of the Yin Water Dragon and Yang Fire Dragon, allowing them to purify and strengthen the body, mind and spirit.

Shifu Donna Oliver will use Swimming Dragon Qigong to gently stretch the meridians and spine, activating the energy system and the precious Kidney Essence required for longevity and optimal physical health.

Sheila Furness will share the Fire Dragon Meridian Qigong which features gentle tapping of the meridians and powerful coiling movements to cultivate Yang energy and transform stagnation, allow the free flow of energy.

Meditations will deepen awareness of the transformative power of these exercises while carefully chosen and expertly prepared meals support our practices.

*To qualify for the above pricing,
registration along with payment must be received by September 23, 2011.
Registration thereafter will be \$350.00 plus HST.

At the beautiful
Harmony Dawn Retreat Centre,
during break times you can put your
feet up by the central fireplace,
take an invigorating walk through
the woods, or treat yourself
to a well deserved nap to nurture
your well-being.

To register, call **416-465-6122**
or email us at

donna@powerofbalance.com,
or
sheila@powerofbalance.com

Information on accommodations, directions
and weekend retreat schedule will be sent upon
inquiry. Visit www.harmonydawn.com for more
information and pictures. Sponsored by

The Tai Chi and Meditation Centre
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