

Three Treasures (Body~ Energy~ Mind) Qigong With Shifu Andy James

~ PERSONAL MASTERY PROGRAM ~

Body, energy and mind are your natural Three Treasures. Three Treasures Qigong emphasizes the interconnection of all life and especially the interconnection within human beings of Body, Energy (Qi) and Mind. In China, this knowledge has long been applied in health and medicine, spiritual transformation and martial arts.

This unique and powerful course distills the wisdom and mind-body skills of the Buddhist-Daoist tradition so we can use them in our everyday lives – to improve our health and vitality, cut through stress and complexity, and bring clarity, meaning and compassion into every aspect of our lives. There is no need to re-invent the wheel! Each course module is designed to teach specific mind-body skills which will serve as stepping stones to the next level of personal mastery. *Credit hours will be given towards the Three Treasures Personal Mastery Program as well affiliated courses such as Traditional Chinese Mind-Body Skills for Yoga and Fitness Instructors.

- **Improve mind-body health**
- **Cut thru stress and complexity**
- **Find clarity and meaning**
- **Harmony Dawn Retreat**
- **March 14-16, 2008**
- **\$370 plus GST**

***Personal Mastery Course credits: 20 hours**



Shifu Andy James

This Personal Mastery course is the creation of Shifu Andy James, the Founder of the Tai Chi & Meditation Centre and a qigong healer. Shifu James is the author of 3 books, an international judge and coach of the Internal Martial Arts and he has been often featured in local and national Canadian media. His Personal Mastery Program is the prerequisite for entry into the Teachers' Training program of the Tai Chi & Meditation Centre.

Register today at www.harmonydawn.com 705~696~2066