

MindBodyChi™ Health Workshop

Ancient Eastern Wisdom of Self-Healing

Two-Day Health Workshop led by Master Shan-Tung Hsu, Ph.D.

Believe you can heal yourself.
Free yourself from prescription drugs!

Discover the ancient Eastern wisdom of self-healing:

- Breathing techniques
- Mind, body and chi interaction
- Meridian awakening exercises
- Chi energy exercises
- Acupressure techniques to alleviate pain
- Nutritional guidance - food as medicine
- And more

If you experience joint pain, back pain, high blood pressure, prostate problems, diabetes, weight issues, insomnia, kidney or cardiovascular problems, arthritis, thyroid problems, depression, stress or low energy, this workshop is for you.

DATES Saturday, January 18, 9:00am-4:00pm, lunch provided
Sunday, January 19, 9:00am-1:00pm

LOCATION Belltown Community Center at 415 Bell Street in Seattle

INVESTMENT \$250 for both days. Register before December 15th, 2013 for a 10% discount. *One day rates available, contact Shan-Tung Hsu by email for information.*

REGISTRATION Send your name, email and payment to:
Blue Mountain Feng Shui Institute
1025 146th Ave SE, Bellevue, WA 98007

PAYMENT Personal Check, Cashier Check, or PayPal
(account: shantunghsu@gmail.com)

About Master Shan-Tung Hsu

Master Shan-Tung Hsu grew up in a family tradition of working with natural energy and healing. He earned a Ph.D. in Science at Univ. of Washington.

Master Hsu founded Blue Mountain Feng Shui Institute in 1989. He served as Board member of the International Medical Qigong Association. Master Hsu has been lecturing 20+ years worldwide on the subjects of qigong, energy work, meditation, spatial design with natural principles and chi energy.

Blue Mountain Feng Shui Institute • 1025 146th Ave SE • Bellevue, WA 98007
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January 18th - 19th
9am-4pm/9am-1pm
Seattle, WA

Health...
The Foundation
for Happiness

Make Health
Your 2014
New Year's
Resolution