

MindBodyChi™ Health Workshop

Ancient Eastern Wisdom of Self-Healing

March 12th, 2016 9am-4pm

One-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
- Scraping technique for beauty

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, March 12th, 9:00am-4:00pm, lunch provided

LOCATION 14771 NE 3rd St, Unit 19
Bellevue, WA 98007

TUITION \$150, register before February 22th, 2016
for a 10% discount.

REGISTRATION Send your name, email and payment to:
Blue Mountain Feng Shui Institute
14771 NE 3rd St, Unit 19, 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 • 14771 NE 3rd St, Unit 19 • Bellevue, WA 98007
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**Health...
The Foundation
for Happiness**

**Make Health
your Priority
Today**