

WHAT IS RADIANT LOTUS WOMEN'S QIGONG?

Designed for women by Daisy Lee, Radiant Lotus Women's Qigong focuses on optimizing health and healing to bring peace, grace and strength.

This empowering qigong addresses health conditions unique to women such as menstrual and menopausal symptoms, breast issues and hormonal shifts.

Medical Qigong Modules include tapping and massage, chanting, and movement.

Incorporating these techniques into your daily life can help you blossom into your "second spring." Take control of your health and enhance your energy practice with this powerful form.



Linda Ebeling, Master Trainer

Linda's tai chi journey began with the study of Qigong and the Five Animal Frolics. Her current practice includes Sun, Yang and Chen style tai chi as well as several forms of Qigong.

A movement and fitness instructor for over 17 years, she is also one of the few certified instructors of Radiant Lotus Qigong in the US, a Reiki Level 2 Practitioner, a former member of the MS Wellness Professionals Task Force and has a teaching background in Secondary Education.

Linda is a very dynamic and detailed instructor who likes to help her students discover how Tai Chi and qigong can empower them to take an active role in bringing balance to their health and lives. Enjoy her expertise at the workshop!

MASTER TRAINER LINDA EBELING

MARCH 8TH, 2019
6:00-8:30 P.M.

COMFORT INN & SUITES
250 BUSINESS 36 HWY
CHILLICOTHE, MO 64601

RADIANT LOTUS WOMEN'S QIGONG

WHEN:

Friday, March 8th @ 6:00 p.m.
(Please arrive by 5:30 pm for Snacks & Registration)

WHERE:

Comfort Inn & Suites
250 Business 36 Hwy., Chillicothe, MO 64601

WHAT TO WEAR:

Loose, comfortable clothing with flat shoes suitable for exercise.

WHAT TO BRING:

- Water Bottle
- Waiver & Release

COST INCLUDES:

- Radiant Lotus Class
- Radiant Lotus Packet
- Refreshments

A Radiant Lotus Women's Qigong DVD can be purchased with registration, or at the workshop. Highly recommended for practice.

CANCELLATION POLICY:

50% Refund After December 7th, 2018
Until Fri. February 22nd, 2019
No Refund After That Date

MORE INFORMATION:

Ann Burchett, TCA-FP Instructor
Livingston County Health Center
ann.burchett@livcohealth.com
660-646-5506

DOES IT WORK?

"When perimenopause became nearly unbearable, I happened upon Linda's Radiant Lotus Women's Qigong class and though exhausted and run down, I decided to give it a try.

As a dedicated yogi, and a vata at that, I was skeptical, but Linda's healing and grounding energy, faith in and knowledge of this life giving practice slowly began to open up another loving way of relating to energy, ultimately offering me another path with solid ground to stand on and root down.

I am grateful for Linda everyday. Oh, and a year later she taught me how to walk like a bear (tiger, crane, monkey, etc.) and how can you beat that?"

~ Roxanne S



"When I let go of what I am,
I become what I might be."

— Lao Tzu

RADIANT LOTUS WOMEN'S QIGONG REGISTRATION

MARCH 8, 2019 CHILLICOTHE, MISSOURI

PLEASE PRINT LEGIBLY

NAME

ADDRESS

CITY

STATE

ZIP

PHONE ()

E-MAIL

\$60 RADIANT LOTUS WOMEN'S
QIGONG CLASS PLUS DVD

\$55 EARLY BIRD RATE (BEFORE 2/1/19)

\$40 RADIANT LOTUS WOMEN'S
QIGONG CLASS ONLY

\$35 EARLY BIRD RATE (BEFORE 2/1/19)

PLEASE MAKE PAYMENT BY CHECK OR
MONEY ORDER PAYABLE TO: LCHC
UNLESS REQUESTED, YOUR CANCELLED CHECK OR
MONEY ORDER SERVES AS YOUR RECEIPT.

PLEASE MAIL THIS FORM WITH PAYMENT TO:
LCHC • 800 ADAM DRIVE, CHILLICOTHE, MO 64601