



# PHYSICAL HEALING WITH QIGONG EXERCISES

with MJ Kim

Release energy blockages that cause pain in the body through Qigong exercises. Harmonize, strengthen, and circulate your energy to heal your body.

Tao Healing Qigong is based on the understanding that we, as humans, are manifestations of the ultimate life force energy, Qi (pronounced chee). During this 6 week course, we will cover the three forms of Tao Healing Qigong—Basic Form, Ilchi Form, and Freestyle.

You will learn the basic principles of Tao Healing Qigong and why they are important, you will understand energy channels or meridians, and you will stimulate your body to begin activating your energy flow.

*Note: You will also receive a private consultation from your trainer, MJ Kim.*



Click the link below to sign up and view the weekly schedule of this online course.

[Course Schedule](#)

Total Cost: \$360

# COURSE OVERVIEW



## **Week 1: Basic Principles of Tao Healing Qigong**

Introduce yourself to Qi energy by first connecting your mind to your body and then sensitizing your hands to feel the energy.

## **Week 2: Open Blockages and Learn Basic Form**

Stimulate the body to identify energy blockages, open your meridian channels, as well as get introduced to Basic Form.

## **Week 3: Review and Feel Deeper**

Review the first two weeks and continue to build upon everything you've learned as well as learn the second set of Basic Form.

## **Week 4: Learn Tao Healing QiGong: Ilchi Form**

Connect to the energies of the universe to deepen your healing and learn the second level of Tao Healing QiGong, called Ilchi Form.

## **Week 5 & 6: Review and Learn Tao Healing QiGong: Freestyle**

Learn the third form of Tao Healing QiGong—Freestyle. Free and natural movements can help you open to your new life potential.



## **About the Trainer**

MJ is dedicated to helping others create lives of optimal health, happiness, and wellbeing. She believes that, no matter your age, you can improve the quality and richness of your life. Raised in Korea, she has learned ancient health and wellness techniques not readily available in the US. For the past 20 years, she has studied and perfected techniques and tools to help others improve the quality of their lives; merging the best of East and West. MJ has extensive experience in health and life coaching as well as Qi Gong, meditation and Yoga. Her humble and joyful demeanor belies the fact that she is considered a Master Trainer and Director of Education at Sedona Mago Retreat Center.

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