



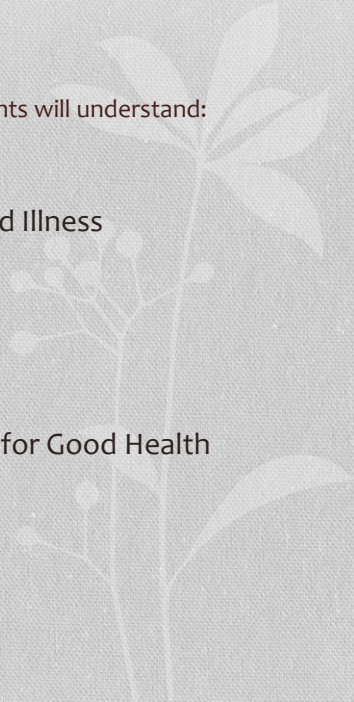
WELLNESS

IS AN INSIDE JOB

Michelle Raskovich
Spring Forest Qigong Certified
Trainer & Healer

Workshop Objectives

Participants will understand:

- What Lies Behind all Imbalance and Illness
 - 5 Element Healing
 - Energy Centers in our Bodies
 - 4 Keys to Wellness & 3 Medicines for Good Health
 - The Seasons of Health
 - Our Greatest Gift
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The Six Causes of all Energy Blockages

- Emotion Stress, Unbalanced Emotions
- Nutrition
- Weather and Seasons
- Environment
- Wrong Medication
- Injury

Energy Centers for Health & 5 Elements of Healing

	Natural State	Out of Balance
Liver	Happiness	Anger, Jealousy
Heart	Joy, Love	Hatred, Judgements
Stomach	Peace and calm	Worry and anxiety
Lungs	Contentment	Grief, Sadness
Kidneys	Gratitude	Fear

• 4 Keys to Wellness

- Visualization/ Mind
- Breath
- Movement
- Sound

Three Medicines for Health

Food
Movement
Rest

