

Greetings Ladies.

I would like to thank you attending the first class of the Prevention and Healing of Female Imbalance Fall Master Class. I apologize for the technique difficulties during the class, which have been corrected. However, due to our technical difficulties, the process of the replay will be longer than expected because of the editing process. You will be informed of its accessibility.

I pray the class was interesting, healthy and informative with information to assist you on your journey of Health, Wellness, and Longevity.



Here is the syllabus for your next class:

October 19, 2024

Spring Wind Qigong: to enhance blood flow – enhance qi flow through your body.

Spring Wind Qigong posture to open the pelvis, enhance the lungs and ground the essence.



- Heaven Supports Earth
- Grasping Qi to Heal the Body
- Bird Flies to Harmonize Blood
- Dragon Rises Dives to Balance the Four Limbs
- Energizing the San Jiao

SelfCare – TCM

Physiology: Investigating women's physiology from a traditional Chinese health prospective. It looks at the inner works between the organ network, vital essences and their impact on women's health.

Food/nutrition: looks at eating within the seasons, micronutrients values, digestion and food combining for optimum health.



The Desire to Heal Begins with You Loving You



Digestion the complete story (Digestive Wellness): provides a background for health through enhancing digestion. The knowledge and understanding of proper digestion increase your ability for self-healing.

Emotional Balancing: How Many People Live Inside of You and how they maintain your daily health.

Meridian Therapy: Introduces you to an understanding of the flow of Qi through the 14 meridians. It demonstrates the balance between Qi, meridians and the organ network to assist you in your healing. You will learn the fourteen meridians and their organ network connection.

Tui Na SelfCare: Tui Na is an ancient healing art used in the health care systems of China and Cuba known to enhance the body's ability to heal. It is in the same family as acupuncture, just without needles. There will be an in-depth introduction of Tui Na's history. When we merging Tui Na with Meridian Therapy it promotes Qi, blood and body fluids flow reducing the prevalence for health disharmonies. Each of the meridians have acupoints you can engage to create balance in your health.

Applied Kinesiology: Kinesiology is the mechanics of body movements. This will introduce you to a method of self-evaluation.



Quiz:



1. Write something you like about yourself. Then write something you dislike about yourself. You can write multiple elements about yourself.
2. How many people live inside of you? Who are they?
3. Write what it is you are looking to get out of this course.

Reading Assiments:

The Web That Ha No Weaver

Medicine East and West. P I

The Fundamental Texture: Qi, Blood, Essence. P 41

Digestive Wellness:

Fundamentals P 1

Change the Way You Feel P 3

A Voyage Through the Digestive System P 9

Until we meet again, B Well and Enjoy Your Life as You Peaceful Walk in Health.

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