



Peaceable Dragon presents

Qi Meets Prana



Take your practice to the next level...
through a gentle merging of Qigong, Yoga, and breath work

Francesco Garripoli & Ambikha Devi

This workshop focuses on self-empowerment and brings a joyful and transformative approach to Qigong energy self-healing, Yoga, and breath work for enhancing your personal practice and spiritual well-being. All levels are welcome - from beginners to experienced practitioners.



Part I – Sunday, April 30th
9:30 am – 4:30 pm
Lyon Park Community Center
Arlington, Virginia - Price: \$125

Part II – Saturday, May 6th
9:30 am – 4:30 pm
St. Clement Church Hall
Alexandria, Virginia - Price: \$125

Francesco Garripoli is an internationally renowned Qigong instructor, brainwave researcher, and Emmy Award winning television producer/director of “Qigong – Ancient Chinese Healing for the 21st Century” for PBS-TV. The author of “Tao of the Ride” and “Qigong – Essence of the Healing Dance”, he is featured in award-winning Qigong instructional DVDs and leads study trips throughout Asia. **Ambikha Devi** is a credentialed Yoga and breath work instructor who has trained with Masters in India and Thailand and teaches around the world. She is a certified Mandala Dance facilitator and brings a joyful approach to personal transformation, mindfulness, and inner emotional healing.

Immerse in this Workshop and explore:

- **Organ Cleansing Qigong** (Zang Fu Gong) to bring focus, strengthening and detox to each organ, as well as our circulatory, digestive, respiratory, and nervous systems. Used by over 150,000 people worldwide with 120 Certified Instructors trained by Francesco.
- **Yoga Asanas** from a variety of gentle styles chosen to complement and transform your practice. Rediscover movement through a deeper understanding of Prana/Qi energy meridians and organ systems
- **A variety of short and effective Qigong styles** designed for body, mind, spirit energizing and harmonizing with ancient Buddhist and Taoist origins that Francesco studied under Masters for years living in China, Thailand, and India. These include a range of breathing exercises, gentle stretching, and movements that are shown to promote healing physiological, mental, and emotional transformation.
- **Guided Yoga and Qigong meditations and breath work techniques** designed to awaken our spiritual evolution, manage stress, relax the body, promote Qi flow through the Energy Meridians and strengthen the lower back and kidneys.
- **Yi imaging and interactive individual and partner exercises** to help activate Qi on the physical level.

To register please contact: Paul Rischard at PeaceableDragon@hotmail.com

Learn more at: www.KahunaValley.org and www.CommunityAwake.com