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FIRE MONKEY INSTITUTE OF MEDICAL QIGONG

Medical Qigong Level 1 Teacher Training Program

With Arlene Wilkinson, RMT, Master Medical Qigong (MMQ)

March 2012 to October 2012 in beautiful Prince Edward County!

(6 weekends plus a 5-day retreat)

Medical Qigong is the oldest therapeutic modality of Chinese medicine and includes:

Assessment & Differential Diagnosis rooted in Five Element Theory
Qi Theory - Tonifying, Cleansing & Regulating Energy
Emotional Detoxification & Meridian Theory
Introduction to Medical Qigong Prescription Exercises
Respiration & Mental Training, Nutrition & Lifestyle Awareness
Healing Sound Therapy, Meditation & Visualization
Acu-point Therapy & Self-Massage Techniques

Tuition & Registration

200 hour Medical Qigong Level 1 Teacher Training Program

Tuition: \$3,500 + HST, includes a 5-day retreat

Register by contacting Arlene at **613 393 5335**

Email: wilkinson.arlene@gmail.com

**EXPLORE THIS ANCIENT PRACTICE OF ENERGY (QI) CULTIVATION
TO RESTORE HEALTH & PROMOTE WELLNESS
BODY + MIND + BREATH**

**A \$565 deposit is required to reserve your space in the program.
Class size is limited, please register by January 31, 2012!**

About Arlene Wilkinson, RMT, MMQ

Arlene Wilkinson, founder of Fire Monkey Institute of Medical Qigong, is a graduate of the International Institute of Medical Qigong (IIMQ), California and Henan University of Traditional Chinese Medicine, Beijing, China. Since 2007, Arlene has been teaching weekly Medical Qigong classes in Prince Edward County. She has been a student of Chinese medicine and a practitioner of Jin Shin Do Acupressure for over 20 years. Arlene has over 25 years clinical experience as a Massage Therapist. In addition to Medical Qigong Therapy, Arlene offers two other professional training programs: Integrative Acupressure Therapy (IAT) and Essential Oil Therapy (EOT). She has developed both of these modalities which combine the therapeutic use of essential oils with acupressure release techniques and the energetics of plant medicine using a Five Element lens. Arlene is also available to travel & teach in your community!

www.nightingales-spa.com

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