

**Radiant Lotus Qigong  
Workshop**  
by Master Trainer Linda Ebeling  
Fusion Center  
Downtown Bemidji  
Sunday, August 27<sup>th</sup>  
9 am – 3 pm; \$75



Radiant Lotus Qigong was designed for women by Daisy Lee. This empowering qigong addresses health conditions unique to women such as menstrual & menopausal symptoms, breast issues, and hormonal shifts. Incorporating these techniques into your daily life can help you blossom into your "second spring."

Take control of your health and enhance your energy practice with this powerful qigong. It addresses the uniqueness of each woman and offers her options for releasing old energy patterns in the body while invigorating her body's natural immunity.

- No previous Qigong or tai chi experience is necessary for this healing self-care program.
- Please bring a water bottle and wear loose comfortable clothing.
- DVDs will be available at the training for \$18 each.
- Lunch not included - options will include ordering off menu at the Cabin Coffeehouse.



**Linda Ebeling's** tai chi journey began with the study of Qigong and the Five Animal Frolics. Her current practice includes Sun, Yang and Chen style tai chi as well as several forms of Qigong. A movement and fitness instructor for over 16 years, Linda also has a teaching background in Secondary Education. Certified as both a tai chi and qigong instructor, she is also a Master Trainer for Tai Chi for Health, served 6 years on the board of Tai Chi for Health Community and was the Scholarship Committee Chairperson for TCHC from 2013-17. One of the few certified instructors of Radiant Lotus Qigong in the US, she is also a Reiki level 2 practitioner and is a former member of the MS Wellness Professionals Task Force. Linda likes to help her students

discover how Taiji and qigong can empower them to take an active role in bringing balance to their health and lives.

**Space is limited. \$25 deposit due by July 31<sup>st</sup>. For more information or to register:**

**Call, text or e-mail Marti @ 218-766-9602 or [martina@midco.net](mailto:martina@midco.net)**