



## *Nourishing the Flame*

### **A Practice Session in Way of Joy Chi Kung™**

Sunday, March 28, 2010  
12:30 - 2:00 pm – \$30

Pre-registration required – *Sliding Scale Available*

Come review and enhance the two potent Chi Kung forms, Three Gates of Enlightenment and the Crystal Generator. This practice session falls on the eve of the Full Moon in Libra, one week after Spring equinox. What a potent time to revisit, reevaluate and reinforce your New Year's intention! Open to all students familiar with these two forms.

**Location: The Way of Joy Center  
5175 Miles Ave., Oakland, CA**

**Vicki Dello Joio**, author of *The Way of Joy*, is a teacher, speaker and performing artist. Integrating her 40 years of chi kung practice with other martial arts as well as her work in Yoga, Feldenkreis, physical fitness and theater, Vicki has developed a dynamic set of tools to increase awareness, transform obstacles into opportunities and enhance creative potential.



**Way of Joy Chi Kung™**  
For more information and to register,  
visit [www.wayofjoy.com](http://www.wayofjoy.com)