

DAISY LEE'S

RADIANT LOTUS QIGONG



Women's Health Practices
Women Only

Taught by
Way of Joy Chi Kung™
Founder
Vicki Dello Joio

According to Chinese medicine, all illness and dis-ease stems from stagnant qi, creating an imbalance in body, mind and spirit. Qigong exercises transform stagnation into flow, increasing your vitality, empowering you to take charge of your health, and instilling inner peace, radiant well being and, of course, Joy!

Radiant Lotus Women's Qigong, developed by international teacher/practitioner Daisy Lee, was specifically created to support women's health on all levels. Integrating practices taught to her by Chinese and Tibetan masters, this innovative system offers an array of simple and effective healing techniques that dissolve blockages and revitalize your life force.

This 3 part series will include several easy-to-learn qigong movements, powerful sound vibration practices and effective self-massage techniques.

3 Sunday mornings
May 16, 23, 30
10 to 11:30 am, \$100
Early Bird Special: \$90, pay in full by April 2
Pre-registration required - sliding scale available

Way of Joy Center, Oakland, CA
Email vicki@wayofjoy.com or call: (510) 654-3762



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. Vicki has been certified by Daisy Lee to teach Radiant Lotus Women's Qigong.



A Joy Investment Project
www.wayofjoy.com