

# MindBodyChi™ Health Workshop

## Ancient Eastern Wisdom of Self-Healing

*One-Day Health Workshop led by Master Shan-Tung Hsu, Ph.D.*

Believe you can heal yourself.  
Free yourself from prescription drugs!

### Discover the ancient Eastern wisdom of self-healing:

- Breathing techniques
- Mind, body and chi interaction
- Meridian awakening exercises
- Chi energy exercises
- Acupressure techniques to alleviate pain
- And more

If you experience joint pain, back pain, high blood pressure, prostate problems, diabetes, weight issues, insomnia, kidney or cardiovascular problems, arthritis, thyroid problems, depression, stress or low energy, this workshop is for you.

**DATES** Saturday, April 19, 9:00am-5:00pm, lunch provided

**LOCATION** Belltown Community Center  
415 Bell Street, Seattle, WA 98121 (\$5 parking across the street)

**INVESTMENT** \$150, register before April 1st, 2014  
for a 10% discount.

**REGISTRATION** Send your name, email and payment to:  
Blue Mountain Feng Shui Institute  
P.O. Box 15233, Seattle, WA 98115

**PAYMENT** Personal Check, Cashier Check, or PayPal  
(account: shantunghsu@gmail.com)

### About Master Shan-Tung Hsu

Master Shan-Tung Hsu grew up in a family tradition of working with natural energy and healing. He earned a Ph.D. in Science at Univ. of Washington.

Master Hsu founded Blue Mountain Feng Shui Institute in 1989. He served as Board member of the International Medical Qigong Association. Master Hsu has been lecturing 20+ years worldwide on the subjects of qigong, energy work, meditation, spatial design with natural principles and chi energy.

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April 19<sup>th</sup>  
9am-5pm

Health...  
The Foundation  
for Happiness

Make Health  
your Priority  
Today