

Wisdom Healing Qigong Retreat  
1<sup>st</sup> morning free on-line  
October 15, 2022  
12:30 - 4:00 NL time



*Join us for the first morning of Retreat – FREE – Online!*

Greetings,

Would you like to join us on-line for the first morning of our upcoming Wisdom Healing Qigong Retreat, [\*The Alchemy of Body & Soul\*](#) – FREE?

*As a gift to our community, as well as a sampler for those who are on the fence about attending a Retreat online ... we will be livestreaming the first morning session free of charge on YouTube and our Chi-TV website.*

So... that means YOU can attend too! The details of how to participate are below.

---

Most members of the team at The Chi Center have been around for many years. Over that time, we have fielded a lot of questions about everything we do here.

And because of that, we've gotten pretty good at anticipating what the most commonly asked questions will be for any event or training we present...

We've continuously had many inquiries about our upcoming hybrid Retreats — [The Alchemy of Body & Soul](#), and specifically about the first in the series: ["Raising your Energy, Frequency & Vibration, An Intensive Retreat for Physical Healing; including gentle movement, sound healing, visualization, and other supplemental practices.](#)

So, to anticipate all you'll probably be wondering about, we're listing the answers to some of the most common questions here, today:

---

## **What happens at a Wisdom Healing Qigong Retreat?**

You'll learn to access your inner medicine of mind, body, and heart, experiencing embodied wisdom through powerful teachings and direct energetic transmissions from Qigong Master Mingtong Gu, while assistants give you extra support.

Each day, you'll practice the movements, sounds, meditations, and visualizations that will open you to deeper levels of physical, emotional and energetic healing. You'll work with us in transformational group healing sessions and build up a simple, sustainable habit of consistent Qigong practice — with all the tools and support you'll need to be able to continue effectively, even after the Retreat.

## **Where does the Retreat happen?**

All of our Retreats this Fall are "hybrid events", which means some people attend in person, and others will attend simultaneously online.

Master Mingtong and guests will be inside the sacred Lotus Kiva at the Center for Wisdom Healing Qigong, a beautiful 150-acre retreat property

in Galisteo, New Mexico – a 25 minute drive south of Santa Fe. *(We'll send you a photo and a 1-minute video of the Lotus Kiva in tomorrow's email!)*

Using remote cameras, during our Retreats we bring the online participants with us as much as feasible to enjoy stunning vistas, grounds, and the restorative atmosphere at The Center. In-person guests have the added benefit of enjoying our petroglyphs, labyrinths, arroyos, trails, comfortable rooms, and healthy and flavorful meals during breaks. It's all included in their Retreat package.

## **My health isn't good - what if I can't do all the Qigong movements?**

Master Mingtong teaches Wisdom Healing Qigong, which is designed to benefit people who (like you) are experiencing health challenges, as well as those desiring spiritual growth. So the physical actions are gentle enough for most people to participate, even if you have limited movement, strength or stamina... or can't sit in a classical lotus-style meditation position. We have even had some Retreat guests who were too weak on arrival to do more than visualize the motions, yet still benefited enormously from the increased energy flow and other physiological improvements their mind creates.

## **What if I can't make it to the Retreat in person? Will I still get the same benefits if I attend online?**

Our Online Retreat is a convenient alternative for those who cannot travel. We've been doing hybrid events for several years (in person as well as online access.). We are proud that the creativity, quality, and care taken during our online programs give you access to the same group teaching and practice sessions, intimate group sharing, and the same resource materials as our in-person guests. All this happens live, online, and viewable from anywhere with an internet connection.

Many online participants have shared setting up their at-home Retreat environment and bringing the online Retreat into their living and working space has significantly improved the energy throughout their home and transformed all the members of their household. Yes, the collective chi field is *that* powerful!

---

Now, back to your **Free Retreat sneak peek on Saturday:**

Here are the details to join Master Mingtong and The Chi Center team, the Retreat participants in the kiva, and hundreds of others online simultaneously:

- **The date:** Saturday, October 15, 2022
- **The time:** 9:00am - 12:30am US Denver Mountain Time ([convert to your time zone here.](#)) **12:30 - 4:00 NL time**
- **The program:** Master Mingtong will jump right into the Healing Intensive immersion by leading and teaching Wisdom Healing Qigong practices and principles
- **The location to join online:** There are 2 ways to join us: One is on our YouTube Channel, and the other is our free ChiTV channel. Simply click on the button of your choice at start time and that's it! There is no pre-registration needed, and no reminders will be sent out. So, please put this on your calendar *now*, and save this email to make it easy to join Saturday!

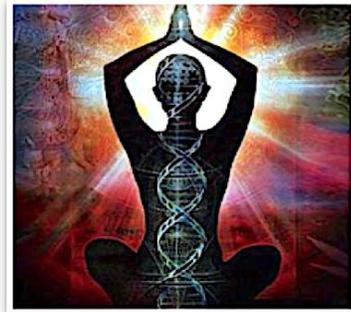
[Saturday, October 15, 9am US Denver Mountain Time; Watch live on YouTube](#)

[Saturday, October 15, 9am US Denver Mountain Time; Watch live on ChiTV](#)

We hope this time in Retreat will be inspirational for all.

And, if you decide to join the remaining days of Retreat online, we'll make it easy for you to get instant access so you can continue after the Saturday lunch break! Just listen for the announcements on Saturday.

**Wisdom Healing Qigong Retreats For**  
**The Alchemy Of**  
**Body &**  
**Soul**



**Awaken to Your True Essence, Open Your  
Energy Flow & Heal Your Mind-Body-Heart**

---

**JOIN US ONLINE Saturday,  
October 15, 2022 FOR A SNEAK  
PEEK OF:**

[Retreat #1](#), October 14 - 23, 2022  
**Increase your Energy, Frequency,  
and Vibration** through a Healing  
Intensive Retreat

*An Retreat for intensive Physical  
Healing; through gentle movement,  
sound healing, visualization, and  
other supplemental Wisdom Healing  
Qigong practices*



MASTER MINGTONG GU

◉ THE CHI CENTER ◉

WISDOM HEALING QIGONG

***PS: If you are holding open the possibility of attending a Retreat, but would like to talk with someone about your personal situation, our Team is here to support you. You can schedule a call by clicking [here](#). Late registrations will still be accepted through Saturday, October 15, 2022.***

***PPS: If you are considering attending an Online Retreat, and need financial support in the way of a partial scholarship, be sure to apply now so that approval won't cause a delay in joining us. [Here's the link to apply for a scholarship to the Online Retreat](#)***