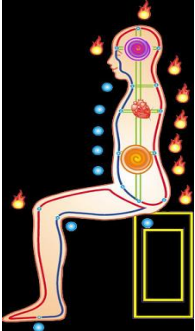


Joyful Life Acupuncture & School of the Living Tao invite you to a Healing Retreat in the beautiful Tahoe Sierra. With Fabienne Flamand Senior Instructor of Mantak Chia's Universal Dao Healing System.

Ancient Qi Gong Practice for Health and Vitality
Aug 10th, 11th, 12th
9am Fri to 6pm Sunday



Relax & Learn the Introductory practices of: **Microcosmic Orbit Six Healing Sounds, Qigong Self Massage, Inner Smile Meditation & Evening Dao Yin Exercises & more!** these practices will help you to:

- **Access an inexhaustible source of energy**
- **Increase Energy Flow & Oxygen circulation in your body,**
- release stagnation, tension and pain, relax your joints, loosen, soften and strengthen your spinal cord, & transform tension into Chi (Energy) ~ Use your intention / mental power to change your mind into positive and creative energy for your whole body radiate positive energy out to the world around you.**

Develop a daily physical practice of wellbeing... Create healthy and youthful cells for a joyful creative life! Get inspired by pure natural life-force!

Fusion the Five Elements:Level 1
Aug 13th, 14th
9am Mon to 6pm Tues



Learn about the Five Elements & the organ channels of Chinese medicine and how to transform negative emotions with Taoist Alchemy. Emotions are considered to be stored in different organs: lungs, heart, spleen, kidneys and liver. Fusion of the Five Elements involves working with the imagery and healing sounds which help to transmute the negative aspects of energy into positive in each of the organs, and then gathering the purified energy into appropriate collection points, establishing it in four pakuas fusing it and then creating a pearl, circulating it around the microcosmic orbit, shooting it out, forming another body, absorbing more energy and bring it back into the physical body. That's just the first level.



Le Tao de la Femme Lune ®
The Tao Moon Practice for Women
August 17th & 18th
9am Fri to 530pm Sat



A vital energy training program dedicated to transform female sexual energy for ultimate vitality, health & happiness.

We offer you entrance to the amazing ancient Taoist sexual knowledge & practices to awaken the most sensual, playful, creative and delicious part of your beautiful Self: your sexual energy. We will learn:

- Ovarian breathing**
- Love you whole body meditation**

- Jade Egg exercises to strengthen the pelvic floor muscles**

Moving vital sexual energy to radiate through the heart and share your woman's wisdom with the world.

To sign up or for more information Contact:
Carla McClure L.Ac. at 530-386-4851 email at: joyacup@gmail.com joyfullifeacupuncture.com