

AN INSPIRING CONFERENCE AND STAY AT ONE OF BOSTON'S LANDMARK HOTELS

This conference is for all natural healing practitioners — from new to established. Enjoy a fantastic conference rate for your stay at The Langham, Boston, a sophisticated AAA Four-Diamond hotel that recalls a charming era of refined service with every imaginable modern amenity.

The conference will help you:

- Feel rejuvenated, refreshed, energetic
- Create a better and healthier lifestyle
- Learn self healing techniques
- Improve your brain health
- Relieve stress
- Pamper yourself and receive a Chinese Medicine Spa treatment

CONFERENCE REGISTRATION:

Full conference & Saturday lunch: \$225
 Register before December 31, 2011: \$195
 Please mail check to:

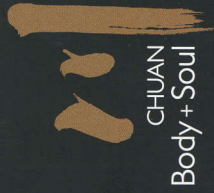
Tai Chi & Qi Gong Healing Institute
 24 Princess Pine Lane Milford, MA 01757

Visit www.TQHI.org to register and pay online, or call 508-380-0449.

HOTEL RESERVATIONS:

The Langham, Boston, call 617-451-1900, and mention Tai Chi conference for a discounted room rate of \$159.

boston.langhamhotels.com
 250 FRANKLIN STREET, BOSTON, MA 02110
 T (617) 451 1900 tbos.resv@langhamhotels.com



Chuan Body + Soul at The Langham, Boston has been designed to create an ambiance of tranquility for both contemplation and inspiration. Water is the foundation of life and well-being. In Chinese, 'Chuan' means flowing water. At Chuan Body + Soul, wellness springs from health and fitness offerings and signature treatments that benefit the body and soul. The foundation of the signature treatments is based on Traditional Chinese Medicine and the five elemental forces of life. These life elements combined with your energy flow and the influence of Yin and Yang have great impact on your well-being.

This is where your journey begins to rediscovering your source.

- Signature Massages
- Thalgo Facials
- SkinCeuticals Facials
- Scrubs & Wraps
- Couple's Treatments
- Wax Services
- Acupuncture
- Moxibustion
- Cupping
- Make-up consultation & application
- Babor skincare & make-up

250 Franklin Street Boston, MA 02110

T (617) 451 1900 ext. 7013 F (617) 423 2844

chuanbodyandsoul.com

**NEW ENGLAND
 TAI CHI
 CONFERENCE**

FRIDAY, MARCH 2 - SUNDAY, MARCH 4, 2012



THE LANGHAM

Boston

NEW

ENGLAND TAI CHI CONFERENCE

FRIDAY, MARCH 2 - SUNDAY, MARCH 4, 2012
THE LANGHAM, BOSTON • 250 FRANKLIN STREET • BOSTON, MA 02110

FRIDAY 7PM - 8:30PM

A conference social for participants and presenters, including a session in "Mindfulness Meditation."

SATURDAY 9AM - 5PM

CHINESE MEDICINE FOR EVERYDAY LIFE (LECTURE)

Discover how Chinese medicine works to benefit your body, mind and spirit. Learn how you can use this ancient medicine to reduce life stress, balance your internal organs, energy and emotions. Experience some methodology of Chinese medicine.

QI GONG FOR HEALING AND PREVENTION

(On-going mini massage and acupuncture sessions will be offered by The Langham, Boston)

Qi Gong is a healing form of exercise which has been practiced for thousands of years to enhance health and longevity through gentle exercise, breathing and Qi flow. Regular Qi Gong practice can be an essential component to heal and reduce stress by improving immune function, preventing and healing joint and muscle problems, and nourishing the mind.

LUNCH PROVIDED BY THE LANGHAM, BOSTON

USING BRAIN GYM® FOR DAILY LIFE SUCCESS

Brain Gym helps you focus, organize and feel more confident in your daily life. Explore the relationship between movement patterns, midlines and our behaviors. Apply this knowledge to set yourself up for success.

BEGINNING TAI CHI

Tai Chi is an ancient Chinese exercise for health, spiritual growth, and healing. The beautiful movements along with mind focus cultivate internal energy. Tai Chi is meditation in motion which helps reduce stress in our fast-paced society, thereby helping to prevent illness. Tai Chi improves balance, immune function, energy level, coordination, and mental clarity.

Visit www.tqhi.org for more information and biographies of the instructors.

Conference proceeds benefit Tai Chi & Qi Gong Healing Institute (TQHI), a non profit organization.

ADVANCED TAI CHI PRACTICE

With instruction and interactive practice, learn how to get the most from Tai Chi, and have a deeper understanding of "Qi", the life force underlying many aspects of daily life. Learn how to incorporate your mind and breathing to your Tai Chi practice, use Tai Chi principles to build strong and rooted "Qi", and use Tai Chi for daily life stress reduction.

SUNDAY 9AM - NOON

EIGHT BROCADE QI GONG

(SHORT QI GONG FORM FOR DAILY PRACTICE)

This group of eight movements originating over two thousand years ago in China is designed to tune up all organ systems for a healthier, disease-free body, through deep breathing, whole body movement, and stretching.

DIM SUM OFFERED BY THE LANGHAM, BOSTON

FIVE ELEMENTS FOOD CONNECTION

Understand how the five elements of Traditional Chinese Medicine can be used in your diet to help bring your body into balance.

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