



Three Treasures (Body~ Energy~ Mind) Qigong with Shifu Andy James

Personal Mastery Program - Workshop # 1 of 5

Body, energy and mind are your natural Three Treasures. Three Treasures Qigong emphasizes the interconnection of all life and especially the interconnection within human beings of Body, Energy (Qi) & Mind. In China, this knowledge has long been applied in health and medicine, spiritual transformation and martial arts.

This unique and powerful course distills the wisdom and mind-body skills of the Buddhist-Daoist tradition so we can use them in our everyday lives – to improve our health and vitality, cut through stress and complexity, and bring clarity, meaning and compassion into every aspect of our lives. There is no need to re-invent the wheel! Each course module is designed to teach specific mind-body skills which will serve as stepping stones to the next level of personal mastery.

* Credit hours will be given towards the Three Treasures Personal Mastery Program as well affiliated courses such as Traditional Chinese Mind-Body Skills for Yoga and Fitness Instructors.

- Improve mind-body health
- Cut thru stress and complexity
- Find clarity and meaning

Location: Harmony Dawn Retreat

Date: November 14-16

Cost: \$370 plus 5% GST

* **Course credits:** 20 hours

Register by September 1st & save \$20

Register & Pay Online ([click here](#))

or Phone: 705.696.2066



This Personal Mastery course is the creation of Shifu Andy James, the Founder of the Tai Chi & Meditation Centre and a qigong healer. Shifu James is the author of 3 books, an international judge and coach of the Internal Martial Arts and he has been often featured in local and national Canadian media. His Personal Mastery Program is the prerequisite for entry into the Teachers' Training program of the **Tai Chi & Meditation Centre**.

***IMPORTANT NOTICE:** Andy has launched his new website (unofficially) and he would like to invite you to visit: WWW.ANDYJAMES.CA