# Qi Dao – Tibetan Shamanic Qigong
# Workshop & Wilderness Retreat

**Qi Dao Workshop at Academy of Qi Dao**
**Saturday, September 19th, 2009 - 10:00 a.m. to 4:00 p.m.**

Discover the energetic principles of Qigong and Internal Martial Arts taught by Lama Somananda Tantrapa, Qigong Master and holder of the lineage of Qi Dao. Tibetan Shamanic Qigong offers an enlightened approach to human interactions applicable both in professional and daily life, as well as in Healing and Martial Arts. Imagine yourself performing the feats of power you've only dreamed of!

- Develop a new, harmonious culture of movement
- Learn to meditate to manage and prevent stress
- Boost your immunity and eliminate allergies
- Increase your range of motion and flexibility
- Become more aligned, balanced and centered.

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**Qi Dao Wilderness Retreat on the Oregon Coast**
**Labor Day weekend: September 4th – September 6th, 2009**

Our Labor Day weekend retreat at the Ecola State Park on the Oregon Coast is coming up! In the best traditions of Tibetan, Siberian, and Native American Shamanism, our Academy presents a unique opportunity to learn and practice Qi Dao in one of the most beautiful areas on the Oregon Coast. It is going to be an invigorating adventure combining Shamanic journeys with the healing power of Nature. Bring your fears, attachments and old beliefs to let go of in the wilderness. Come prepared for moderate hiking and more intimate connection with Mother Earth through the practice of Qi Dao outdoors with Lama Tantrapa, Rinpoche.

- Experience a spiritual adventure quest
- Tap into the elemental forces of nature
- Learn and practice wilderness survival skills
- Discover the Shaman within!

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**First 10 registrants for the Workshop will receive a FREE meditation CD Qi Dao Initiation!**
**First 10 registrants for the Wilderness Retreat will receive a FREE Qi Dao audiobook!**

_____
Name

_____
Address

_____
City State Zip

_____
Phone

_____
Email

CANCELLATIONS: Cancellations must be made via email by 9/1/09 to receive a refund, less $50 cancellation fee. Registrants must attend the event to qualify for the free gift.

QUESTIONS? Email us at academy@qidao.org.

REGISTRATION FEES:
☐ $150 Early Registration for Workshop (received by 9/1/09) $ ____
☐ $175 Regular Registration for Workshop (received after 9/1/09) $ ____
☐ $300 Early Registration for Retreat (received by 8/1/09) $ ____
☐ $350 Regular Registration for Retreat (received after 8/1/09) $ ____

TOTAL REGISTRATION FEES: $ ____

PRODUCT ORDERS:
☐ $24.95 Book: Qi Dao – Tibetan Shamanic Qigong $ ____
☐ $24.95 DVD: Qi Dao – Tibetan Shamanic Qigong $ ____
☐ $149.95 Basic Qi Dao Home Study Course $ ____
☐ $20 Academy of Qi Dao T-Shirt (or 2 for $30) $ ____
Shipping & Handling Fee: $ 10.00

TOTAL PRODUCT ORDER: $ ____

TOTAL AMOUNT ENCLOSED: $ ____

**Please make checks payable to: Lama Tantrapa,**
**PO Box 23911, Portland, OR 97281**