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EMPOWERMENT



**Things Worth Considering**  
Thursday at 5 PM Pacific /8 PM Eastern  
**November 5th 2020: Qi Gong - Creating Balance**

Qi-Gong is a millennia-old system of co-ordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. With roots in Chinese medicine, philosophy, and martial arts, Qi-Gong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance 'qi energy' - life force. While the Chinese government has restrictions on Chi Gong, it is embraced globally by millions of people for its life changing practises. Master Teresa's new art of healing, the Pureland Qi Gong®, is a cutting edge Chi Gong pract

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#### Featured Guest



##### Master Teresa Yeung

It is extremely rare that a female becomes the successor of her Master's Chi Gong lineage. Master Teresa Yeung, received the blessings and teachings of her master, which throughout the ages are only passed on to a worthy male student. She is the sole successor of the late Chi Gong Grandmaster Weizhao Wu's lineage. Master Teresa Yeung is a vibrant, successful single Mother who has been a medical Chi Gong intuitive healer and teacher for over 24 years. Accomplished speaker and three-time #1 international bestselling award-winning author, she teaches classes through Pureland International Qi Gong based in Toronto and also through regular international workshops. Master Teresa embraces the fa

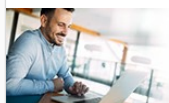
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