



Holistic Healing with Herbs and Chinese Medicine

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February 19th 2013: Qi Gong: The Spiritual Science Behind Chinese Medicine

Qi gong is the living and breathing application of Chinese medicine. It is a spiritual science that uses sound, slow movements, and meditation to potentiate subtle health processes in our body which ultimately lead to greater and more radiant health. This is why Dr. Oz says if you want to live to be 100, do qi gong. We will interview Michael Winn about how qi gong works and how it can be adapted for westerners. Michael Winn is an internationally regarded teacher of qi gong, who hosts the largest Taoist retreat program in the west, and has done so for the last 18 years. He has 33 years of qi g

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Featured Guest



Michael Winn

Michael Winn was two-term National Qigong Association President, with 33 years qigong experience. He did a three year Chinese medicine training with Jeffrey Yuen. He has authored dozens of articles, including the chapter on Medical Qigong for the The Physicians Guide to Alternative and Complementary Medicine. He wrote 7 best-selling books with Mantak Chia, authored 9 Tao Inner Alchemy homestudy courses, taught over 100 weeklong alchemy retreats, led 15 China Dream Trips, and hosts annually (18 years) the West's largest Taoist summer retreat program near Asheville, North Carolina (June 21 – July 22). www.HealingTaoUSA.com winn.dao@earthlink.net

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