



THE EMBODIED CENTER PRESENTS

Self Chi Nei Tsang

Cultivate a healthy, loving relationship to your belly; the place where your intuition comes from and undigested emotional charges are stored

DURING THIS 4- HOUR CLASS YOU WILL RECEIVE

- **An introduction to the Taoist healing modality of Chi Nei Tsang**
- **Step by step instruction on how to give yourself a 10-minute to one hour Self Chi Nei Tsang treatment which detoxifies and strengthens the inner organs**
- **Instruction in Taoist Chi Kung practices such as the Healing Inner Smile and Earth Qi Gong**



Sunday, Sept. 10th from 1p.m. - 5 p.m.

Han University, 2856 E. Ft. Lowell Rd., Tucson 85716

\$45, CEU's available Space is limited, so please register soon

520-979-0278 or janine@embodiedcenter.com



Janine Jamia Walter,

NCBTMB certified instructor, SEP, LMT,. Certified Chi Nei Tsang instructor.
Practicing bodywork modalities since 1997.

Janine's passion lies in creating safe, informed space for clients to unwind and heal at the deepest levels possible

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