

International Qigong Retreat San Rossore Regional Park Pisa, Italy

July 13th-16th, 2017

Casale La Sterpaia

<http://www.casalelasterpaia.com/>

Qigong



Simple movements to harness the energy of nature,
restoring health, emotional balance and clarity of mind.

Program Fee

Workshop Tuitions \$299.00
Room and Board (breakfast and lunch)
4 nights **\$285.00** (per person)

The Retreat will include:

Fundamentals of Qigong, breath, posture, intention, inner smile, healing sounds, primordial Qigong (also known as Wu Ji Qigong for Enlightenment)

All levels are welcome, no experience necessary!



Teachers Richard and Debra Clegg in China at the site where Lao Tzu wrote the Dao De Jing
<https://youtu.be/xAyxohTQdcw>

Testimonials and Quotes

“Qigong has given me inner peace and the ability to accomplish more of what I want in life”

- Lee

“100 days of practicing Primordial Qigong will change your life forever”

- Michael Winn, World Renowned Qigong teacher

- www.taichienlightenment.com

For more information and details contact:

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About the teachers

Debra Cappock-Clegg

She has studied energy work extensively since 1980 with Dolores Krieger, RN, Phd (former Professor of Nursing at NYU) and Dora Kunz, internationally known healer, both founders of Therapeutic Touch system. She has created weekend workshops at Pumpkin Hollow Retreat Center. The workshop *Rest your soul, Renew your spirit* is now in its twelfth year.

Richard Clegg

He has been involved with eastern study for most of his adults lie. He has 5th degree masters rank in Chung Do Kwan Tae Kwon Do, with thirty years of practice. He has been a student of Daoism for thirty years plus and a practitioner of Qigong movement for over twenty years.

Both Richard and Debra have spent over ten weeks in China on several trips with their Qigong teacher Michael Winn, and also several weeks with Mantak Chia in China and here in the USA. Their time in China was learning Qigong and also doing Daoist longevity cultivation in the caves above Huashan with the Zheng Yi Daoist Monk- Stone of Perfection. They have studied Qigong together for eighteen years. They teach it locally, nationally and soon (July 2017), Internationally (see Qi Travel-Italian retreat). They offer workshops, classes and weekend retreats.

They have a Medical Qigong/ Integrative Therapy office for private treatment sessions in Poughkeepsie, NY, near Vassar College.

They also have a Qigong and Restorative Yoga class at Vassar College for the College community of students, faculty and staff. On Sundays they a Public class at 10:30am at the Inner Light Spa, 1 East Dorsey Lane, Poughkeepsie, NY.

Additionally they are also graduated of Donna Karan's Urban Zen Integrative Therapy program in NYC. They are Certified Medical Qigong Practitioners. Their Medical Qigong studies have been with Lisa Van Ostrandt, DMQ and Dean of the International Institute of medical Qigong. They are continuing their studies with Lisa, moving toward completing their Chinese Physician-ship. Additionally, they have a long term relationship with Jeffrey Yuen, noted Daoist priest and teacher.

Together as a married couple and open hearted practitioners, they bring many modalities to bear.

