

Qi Energy: Find the Force Within

Learn how to build, store and release the life force energy we call Qi

Conducted by Dr Lisa Pizaro

Meditation, self-empowerment and visualisation techniques
to generate and direct your natural reservoir of Qi.

- Increase peace, decrease fatigue ○
- Focus awareness, expand imagination and creativity ○



Dr Lisa Pizaro

Lisa is a Melbourne author. Her passion to understand the mind led her to research Eastern philosophy and meditation in Japan, Korea and South East Asia. She has lectured in Communications at universities here and overseas. Currently she is a member of the Mindfulness Team at Monash University teaching Mindfulness-based Stress Reduction. Her motto – Let it be Qi!

When: Sunday 25th February 2018

Time: 2.00 to 5.00pm

Where: Djibasso Studio (Upstairs)
252 St Kilda Street, St Kilda

Cost: \$75

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More Info: www.jinli.com.au/whats-on

Bookings: www.jinli.com.au/login

SUITABLE FOR ANYONE INTERESTED
IN QI DEVELOPMENT.
NO PRIOR EXPERIENCE REQUIRED.

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