



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 3-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 the ancient Healing Inner Smile Qi Gong practice**
- **Information on healing from the Five Elements perspective of Taoism**



Sunday, October 9th from 1 p.m.- 5 p.m.

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

Cost: \$45 Space is limited, so please register soon

520-979-0278 or janine@embodiedcenter.com



Janine Jamia Walter,

ABT, Nationally Certified 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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