

Maahaah-Rooh Medical Qi Gong & Mindfulness (Meditation) for Restorative Health & Energy

9a-1p Saturday, May 4 & Sunday, May 5, 2019



At the Florida School of Massage, Blue Room

6421 SW 13th Street Gainesville, FL 32608

Cost \$75/day, or \$120 for both sessions

Cash or check at door, day of the event

All participants will get a certificate of participation; CEUs pending

What You Will Learn: In this course of certification, you will learn theory and practice of specific Qi Gong techniques that can help the massage therapist, acupuncturist, physical therapist and nurse, effectively restore their energy (Qi) so that they can maintain maximum work efficiency on a continual basis. Deep relaxation, breathing techniques and mindfulness are natural aids to address physical limitations, mental frustrations, and stress. Medical Qi -Gong can increase mobility and coordination enhance fluidity of movement, balance, and relaxation. These lessons are congruent with the teachings of Asian medical philosophies, and particular attention is paid to their use in T.C.M. and C.D.M., as well as in Western Medical Modalities. These strategies are very effective and easily retainable.



Your Instructor: Professor K. A. Shakoor, D.A.O.M.

Shakoor currently teaches Qi Gong, Tai Chi Chuan and meditation at Dragon Rises College of Oriental Medicine, Santa Fe College (community education) and at the Karma Thegsum Choling Tibetan Buddhist Meditation Center, in Gainesville, Florida. For over thirty years, he has lectured and conducted workshops in hospitals, universities, public and private schools, mental health facilities, governmental agencies, and health clubs across the country. Shakoor earned his Doctorate from the Atlantic Institute of Oriental Medicine

in Fort Lauderdale, Florida, and his Masters from Dragon Rises College of Oriental Medicine, and is insured by Namasta. He is also the author of the books *Ghetto Sutras*, available on Amazon.com, and *The Treatment of the Shen in Relation to T.C.M. and Tibetan Medicine*, which is soon to be released.