

KENNETH COHEN PRESENTS

THE FIVE ANIMAL FROLICS:

VITALITY OF THE DEER, POWER OF THE TIGER



**September 22-24, 2017
in Boulder, Colorado**

Learn why many millions of people in the West (including more than 3 million in the U.S.) practice this ancient healing art from China. You will learn a Complete Qigong Wellness Workout, based on the grace of the Deer, the power of the Tiger, the balance of the Crane, the suppleness of the Monkey, and the strength of the Bear. By following postural and movement guidelines set by ancient people, we awaken an ancient part of ourselves. We find the spirit of the animals within, and, like them, learn how to sense what nourishes us. These gentle yet dynamic exercises are meditation in motion and connected to the Taoist quest for longevity, health, and peace. Created by the second century doctor of Chinese medicine, Hua Tuo, the Animal Frolics are the oldest healing exercises in the world and the standard against which other qigong methods are measured. Although practice oriented, there will also be time for discussion of qigong philosophy, culture, and science. The course requires no previous experience. Beginners and all levels are welcome.

Please note that this program is for education, well-being, and personal development only and not meant to treat disease. Students with medical problems should seek their physician's advice before engaging in a qigong exercise program.

Location: Chautauqua Park, Boulder, Colorado

Chautauqua Park is the country's most eco-friendly and sustainably operated National Historic Landmark. It includes twenty-six acres at the base of the Rocky Mountains with green meadows, endless hiking trails, a concert hall, cottages, and a fine restaurant. We will meet in the elegant Grand Assembly Hall with a large practice space as well as both indoor and outdoor sitting areas for conversation and relaxation. The restaurants, galleries, spas, and excitement of Boulder are only minutes away.

Lodging

You are responsible for your own lodging and meals. There are a limited number of cottages (efficiency, 1 bedroom, 2 bedroom, and 3 bedroom) in the park, within five minutes walk of the teaching space. However, some of these are reserved by groups and visitors *more than a year in advance*. **If you wish convenient lodging in the Park, it is essential that you register and make your reservations immediately!** <https://www.chautauqua.com/lodging/reservations/>

If cottages are taken or if you prefer city lodging, there are a variety of hotels and price ranges near downtown Boulder, less than 10 minutes drive or bus/taxi away.

How To Get There

Closest Airport: Denver International Airport (1 hr. from Boulder). Rental cars are available at DIA or you can take public transportation to Boulder then taxi to your hotel or the Airport Super Shuttle directly to your hotel.

Workshop Hours

Friday, Sept. 22, Registration 8:30-9 AM

Class Sessions, Friday, Saturday, and Sunday: 9 AM-12, 2-5 PM

Optional group, no-host dinner, with Ken and classmates Sunday, 6 PM

Monday: free class and pot-luck for Qigong Teacher Trainees only

Certificate

A framable certificate will be awarded to each student, documenting hours of training. Although we do not grant CEUs, many organizations accept our documentation.

Registration and Payment

Tuition: \$435. Includes all instruction and hand-outs. \$100 deposit. Most conveniently by PayPal to MountainDao@yahoo.com By mail: Check or money order in U.S. funds payable to **Kenneth Cohen, P.O. Box 1727, Nederland, CO 80466 USA. All registrants:** please include your full name, email, and phone contact. MasterCard or VISA payment and Information: call **(720) 985-6445**. Please leave a message, and we will call you right back to get your credit card information. Tuition balance due on or before the opening day. The deposit and all payments are non-refundable. IN THIS EXCLUSIVE WORKSHOP, CLASS SIZE WILL BE LIMITED TO APPROXIMATELY 40 STUDENTS. **Please reserve your space by registering as soon as possible.** Questions? Contact info@qigonghealing.com

Instructor: Ken Cohen, M.A. world-renowned Qigong Grandmaster is the author of *The Way of Qigong: The Art and Science of Chinese Energy Healing*. Recipient of the Lifetime Achievement Award in Energy Medicine, Ken's work has been sponsored by the American Cancer Society, the Mayo Clinic, Health Canada, and numerous medical schools and cultural organizations.