

**Taoist Medical QiGong – Chi Nei Tsang  
energizing and detoxifying abdominal  
massage techniques  
with Sarina Stone**



**VENUE:** THE WELLINGTON STUDY GROUP  
31 Hobson Crescent, Thordon, Wellington.

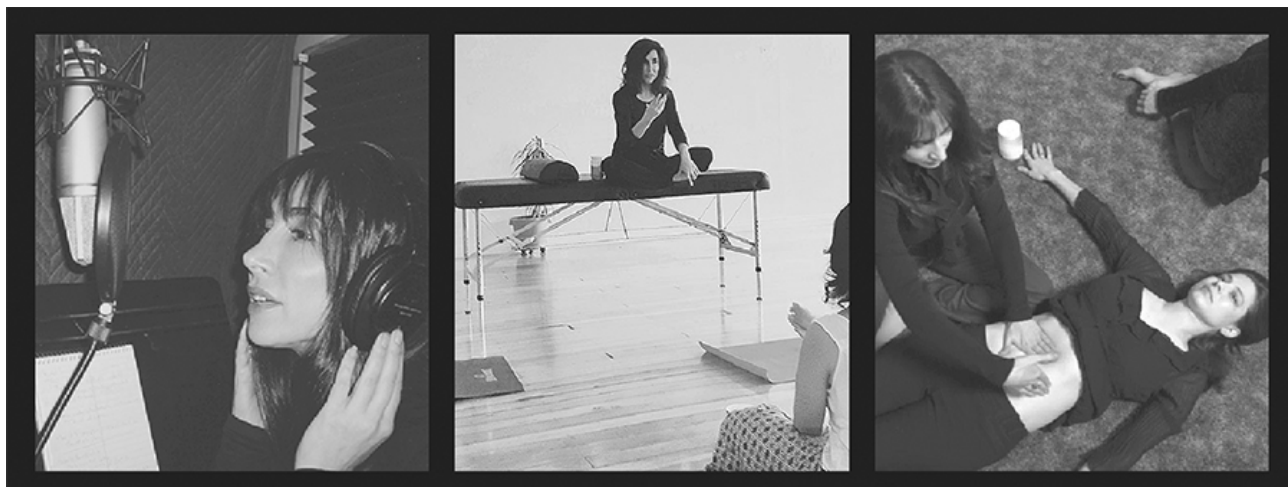
**DATES :** July 28, 29, 30, 2017

**COST:** \$385

**TREATMENTS:** \$150

<http://www.healingtaoaustralia.com/events/>

Contact Tracey Grant to register  
[healingearthqigong@gmail.com](mailto:healingearthqigong@gmail.com)  
0274 84 7468



Come feel the benefits of Chi Nei Tsang abdominal massage with Medical QiGong expert, Sarina Stone, as she hosts a workshop that will help you learn techniques to gain mental clarity, cleaner blood, great digestion, improved sleep and a general sense of well being. Sarina will share enhancing methods of combining the power of the mind with 5,000 year old techniques (abdominal massage) for improving digestion, relieving toxic illness and opening channels in the body so we may improve the flow of blood, oxygen, cerebral spinal fluid and vital energy to the brain and organs.

Be prepared for a hands-on experience as Sarina will share and demonstrate many massage techniques, then support you as you give and receive multiple healing treatments over the course of three amazing days.

Beginners welcome; professionals please write Ms. Stone to discuss certification options. Write to sarina at: [Sarina@SarinaStone.com](mailto:Sarina@SarinaStone.com)

“What I see and what I have felt is an intrinsic relationship between humanity and the building blocks of the Universe. At some point, love becomes the most important healing factor. This is The Way of Nature. Perhaps, this connectivity is the feeling of spirituality?”

- Sarina Stone



### **About Sarina Stone - Certified Medical Chi Kung Educator**

New Zealand welcomes Master Mantak Chia's Universal Healing Tao multi-certified instructor, Sarina Stone. Sarina's knowledge on the subjects of Natural Health, Medical QiGong and self mastery combined with a great sense of humanity and passion for quantum physics have made her globally recognized as an expert in the field of Medical QiGong.

Sarina Stone is an educator who makes learning fun. Whether it is a participatory workshop or retreat for 3 to 5 days or a short lecture, Sarina's audiences are always enthralled and walk away with techniques and ideas to maximize their potential for health, happiness and success.

For more information about Sarina Stone, visit [www.SarinaStone.com](http://www.SarinaStone.com)



## **Class Schedule**

Day one will have special lectures. After this, we will learn many techniques based on the needs of the class participants.

10:00am - 12:30pm - What is Medical QiGong's relationship to Quantum Physics? (Lecture), Morning exercises, CNT Description (Lecture), Scanning, Diagnosis & Cat Paws (description, demo, practice)

12:30pm - 2:30pm - Lunch - Sarina available for treatments

2:30pm - 4:30 - What is Fascia? (Lecture), Multiple techniques including large intestine, small intestine, liver, kidneys, spine, low back pain, brain function, reproductive energy flow, & more.

4:30pm-4:45pm - Tea break

4:45pm-5pm - Q. & A.

5pm-8pm Sarina will be available for treatments

### **PLEASE BRING:**

HEALTHY SNACKS FOR YOURSELF  
FOR LUNCH CAFE'S ARE NEARBY AND WE HAVE ACCESS TO A  
KITCHEN  
LOTS OF FILTERED WATER FOR THE DAY  
ORGANIC COCONUT OIL  
YOGA MAT OR THICK TOWEL - WE WORK THAI STYLE (ON THE  
GROUND)  
SOMETHING TO TAKE NOTES  
NOTE: IF YOU HAVE KNEE OR BACK ISSUES, PLEASE BRING A  
MASSAGE TABLE. WE WILL HELP YOU SET IT UP.