The Wisdom of 9 Qigong Masters  
From the 2015 Qi Summit and Five Element Qigong Workshop  
Stony Brook University Recreation Center  
Saturday/Sunday, July 30-31 from 9:30 am-5 pm  
Monday, August 1 from 9:00 am-1 pm

Contact Sharon Infante at (631)741-5182 or taichisharon@gmail.com  
View website for details & register at: www.embracingyourenergy.com

The Workshop is designed to Introduce Traditional Chinese Medicine through:

- **Daily Morning Movement Practice & Meditations**  
- **Workshop: Demonstrations, Experiential Practice, Open Discussion**  
- **5 Elements Theory**  
- **6 Healing Sounds**  
- **Flows & Postures**  
- **Practical daily take-away for Qigong Practice for Health and Longevity!**

**Qigong** (pronounced chee-kung) is considered “the Mother” of Tai Chi.  
**Five Element Theory** is the foundation of Traditional Chinese Medicine. Each element (metal, water, wood, fire and earth) corresponds to an internal organ system, and each organ system has associated emotions, virtues, and internal and external expressions.

**Sharon Infante** has been practicing Tai Chi and Qigong since 2000. She is a professional member of the Tai Chi for Health association, has earned various certifications from Tai Chi for Health Institute, Lee Holden of the Universal Healing Tao, and Institute of Integral Tai Chi and Qigong. She is Reiki certified and holds recent certifications from YogaFit and Sage Academy of Sound Healing Therapy.

Are you ready to participate more fully in your own health and wellness? Join us!

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