

**Delphi University
Connecting With Spirit Weekend
March 1st - 3rd, 2024**

Saturday's Workshop

Tibetan White Crane Chi Kung



In Tibet and China the white crane is associated with grace, balance, quietude and purity. In this class we will learn to develop and circulate the vital life force or prana in the body by performing a simple yet effective "White Crane Chi Kung". This set contains the type of body mechanics found in Tai Chi yet is simpler therefore quicker to learn. The White Crane set can be learned in 20 minutes and practiced for a lifetime. Practicing this set promotes fluidity of movement, deep relaxation, strengthening of the sinews and tendons, as well as cleansing the lungs and deepening the breath.

Come join us to restore and re-energize our nervous system in a caring environment.

Saturday Evening: We will go on a journey through breathing and visual imagery contacting the elements of fire, earth, air, and water. We will contact each of these elements in a meditative state which will be augmented by the different tones of the crystal bowls. We are balancing the elements in the body and in the consciousness.

**Friday Evening Healing Sanctuary, March 1st 7:30pm
Held at The Temple of Healing (Please wear white)**

**Saturday's Workshop taught by Taras Fulco, March 2nd 10am-1pm
(\$75 per person)**

Saturday Evening Workshop: Tibetan Breath, March 2nd 7pm (\$25 per person)

Sunday Morning Church of Wisdom Service, March 3rd 10:30am

**Please pre-register with Delphi University
706-492-2772 or reservations@delphiu.com**