



LEARN MOVEMENTS FOR WELLNESS & INNER PEACE

with Mary Beth Corbin

"Life is the flow of energy. It is the air we breathe, the force that moves weather, the force of all minds combined. It keeps the river flowing, our hearts beating, and the sky blue. This flow of energy moves constantly . . . we can change the flow. Freedom to choose and to change belongs to us."---Deng Ming-Dao

Learn How To Reduce Stress & Increase Vitality with CHI KUNG & GUIDED HEALING MEDITATIONS

***When: SATURDAY, April 30, 2016 from 9:30am to 1:00pm
SPRING Chi Kung for Season of Wood Element: Power of Cultivation
and Growth: Gently Move out of Stuckness & Energize!***

Learn:

- * Ancient Chinese Taoist Health & Longevity Practices*
- * Gentle Warm-Up Exercises & Stretches Opens Energy Channels*
- * Connect Earth & Heaven Chi-Kung ~ Grounding/Rooting*
- *Healing Light Meditation for Hormonal Balance*
- * Wood Chopper Chi Kung*
- * Healing Green Light Meditation w/ Inner Smile*
- * Connect with Wood Elements: Liver, Gall Bladder, Nervous System, Eyes*
- * Buddha Palms, Segment 1*
- * Opening Your Microcosmic Orbit – Balancing Chakra Centers*
[Basic Introductory class with No prior experience necessary]

Cost: \$49 in Advance by April 20th or \$55 thereafter [Limited Space]

***Where: CROW'S END RETREAT CENTER, Southern San Luis Obispo
6430 Squire Court, SLO***

***Who: Contact: 441-0791 (cell) or email: mbcorbin@gotsky.com. Mary Beth Corbin is
a certified Chi Nei Tsang (CNT) practitioner & Integrated Massage Therapist. Her practice improves
Health, increases Vitality and Calms the Mind. She has cultivated a Chi-Kung practice for 17 years studying
with Gilles Marin, Dir. of the CNT Institute in Oakland, CA and Mantak Chia (Taoist Master now in Thailand).
[www/unwindingthecore.com](http://www.unwindingthecore.com)***

***Prepaid \$49check payable to Mary Beth Corbin by 4/20. Send check to: Mary Beth
Corbin c/o 113 N. Mason St., Arroyo Grande, CA 93420***

[Snacks & tea provided. Wear loose comfortable clothing.]

DIRECTIONS:

CROW'S END RETREAT CENTER

Mary Renard

6430 Squire Court, San Luis Obispo, CA 93401

(805) 595-2413 or slomary93401@gmail.com

Directions from the South:

Take Highway 101 North. EXIT SAN LUIS BAY DRIVE (also called SEE CANYON) The exit makes a sweeping right hand curve at the exit stop sign, TURN RIGHT onto San Luis Bay Drive. Go to the next intersection (a "T" intersection) and TURN RIGHT onto MONTE. Monte goes up a small hill and makes a left hand curve and changes names to SQUIRE CANYON RD. Go about 1 mile down Squire Canyon Rd. You will go over three speed bumps (be careful not to take a right fork called Indian Knob) after the 3rd speed bump, slow down so as not to miss a grey gravel road that is up ahead about 5yds and off to your left between high evergreen trees. The road is marked "SQUIRE COURT" with a short brown and white sign. Continue to the end of the gravel road to an iron gate with a stylized tree and press the button to open the gate (gate closes automatically). Drive to the last house to unload your bag if rainy weather. There is a separate area to park your car across from meditation bldg.---sign indicates.

Directions from the North:

Take Highway 101 South. EXIT SAN LUIS BAY DRIVE (also called SEE CANYON) At the exit stop sign, TURN LEFT onto San Luis Bay Drive which will go over the freeway on an overpass. Go to the next intersection (a "T" intersection) and TURN RIGHT onto MONTE. Monte goes up a small hill and makes a left hand curve and changes names to SQUIRE CANYON RD. Go about 1 mile down Squire Canyon Rd. You will go over three speed bumps (be careful not to take a right fork called Indian Knob) after the 3rd speed bump, slow down so as not to miss a grey gravel road that is up ahead about 5yds and off to your left between high evergreen trees. The road is marked "SQUIRE COURT" with a short brown and white sign. Continue to the end of the gravel road to an iron gate with a stylized tree and press the button to open the gate (gate closes automatically). Drive to the house to unload your bag if rainy weather. There is a separate area to park your car across from meditation bldg.---sign indicates.

*PLEASE KEEP YOUR SPEED TO 25 MPH OR LESS ON SQUIRE CANYON ROAD
DRIVE SLOW ON SQUIRE COURT (gravel/dirt road).*

Suggestion: carpool with others from your area.

