

“Like yoga, Qigong teaches you to  
balance energy in your body.  
Spring Forest Qigong is an easy to  
follow program that will allow  
you to incorporate the health  
benefits of Qigong into  
your daily life”

Deepak Chopra, M.D.

Best selling Author, *Ageless Body, Timeless Mind*

“Qigong is a journey where you are physically,  
emotionally and spiritually healed. The power  
of Qigong is amazing!”

Stacey Henricks, RN

Rockford, MN Fibrocystic Breast Disease,  
Migraine Headaches , Allergies



“There is no pain. I’ve gotten much, much  
stronger. I have never had this kind of  
energy and stamina since coming down  
with MS. So, I’m just unbelievably happy. I  
tell everybody about Spring Forest Qigong.  
It’s done so much for me. After my last  
exam my neurologist said, “Everything is  
so good. What are you doing?”

Linda Guthrie, Lawrence, KS

Multiple Sclerosis

*You were born a healer!*

*...Love yourself heal the world*

*“My vision is a healer in every family and a  
world without pain”*

*Master Chunyi Lin, founder  
Spring Forest Qigong*

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## SPRING FOREST QIGONG





*Remove the imbalance, and  
you remove the pain*

The goal of Spring Forest Qigong is to enhance the quality of your life by teaching you ways to open your energy channels and maintain balance.

Colds, arthritis, depression, all diseases - are simply symptoms of the imbalance of energy flow in your body.

With balance comes healing.

With balance comes peak performance.

With balance comes inner peace, harmony and happiness.

# BALANCE ENERGY MOVEMENT

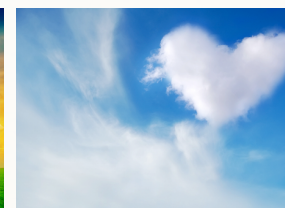
Spring Forest Qigong (SFQ) is a simple, efficient and effective method for helping you heal *physical and emotional pain* to enhance the quality of your life and the lives of others. Anyone and everyone - regardless of ability, age or beliefs can practice the techniques of SFQ and become healthier and happier.

## UNION OF HEART & MIND

Your mind, your heart and your intellect are in levels of communion with one another. In Spring Forest Qigong, you become more and more aware of yourself as a whole, as a small universe filled with energy ~ filled with love. Einstein said, energy can not be created or destroyed it can only be transformed. As you practice Spring Forest, you quickly discover that when you still your intellect and use your mind to visualize the energy, the love and light in your body, you open to the intelligence of your unconditional love and the many ways it can transform conditions as well as be your inner guide.



*In qigong you expand the light and  
the intelligence within you*



*In qigong, you learn about the  
healing power of love and  
forgiveness*

## BREATH

Benefits of Spring Forest simple "Energy" Breathing

1. Stimulates Relaxation Response ~ Stress Relief
2. Increases Oxygen Uptake ~ Oxygen is the body's most important fuel
3. Expands Your Lung Capacity
4. Increases Flow of Oxygen in your blood to your Organs, Tissues, Muscles & Brain
5. Lowers Respiration Rate
6. Lowers Pulse Rate



*When we were children we  
naturally knew how to breathe*



*As we mature we forget the power  
of our breath - in qigong you  
remember to breathe for health*

## SOUND & MOVEMENT

Qigong movements are specifically designed to focus on activating the body's energy system. That is why Qigong movements are often referred to as moving meditations. Each time you do the simple energy movements of Spring Forest Qigong, you clear the energy channels in your body and preserve wellness or accelerate healing. Sound is energy and when you listen to different kinds of music, you know how it makes you feel. In Qigong, you discover the power of sound to heal, to renew, and restore health to your body, mind and spirit.



*In qigong, you discover the healing  
power of sound*



*Master Lin shows you simple  
movements to balance your body,  
mind and spirit.*