

# Core Health®

## Freedom from Within

with Livia Kohn  
June 21-24, 2012  
Santa Rosa, California

**Core Health®** is an easy and enjoyable way to **reconnect to our inborn pure core of health** and, by **clearing away clouds of confusion**, expand it into all aspects of life to **live forever joyfully, lovingly, and in perfect harmony**. Based on the understanding that the universe is holographic in nature and consists of cosmic, pure energy (qi) in a state of continuous creation, the program enables us to actively open and enhance its flow. It applies kinesiological testing to communicate with our internal energy and teaches ways to increase our energetic purity. This allows us to **gain control over our energy fields and become immune to negative stimuli**, thus **enhancing our wholeness and increasing our potential of self-realization within this world**.

Core Health® works in organized sequences that release energy blockages in particular areas of life. Each sequence requires about 1½ hours of group training and time for personal practice and reinforcement. Only one sequence can be taken at any given time. See also <http://www.corehealth.us>.

### Heart Forgiveness

June 21-24, 7-8:30pm (4 sessions)

*Heart Forgiveness* focuses on **ANGER**: at others, at ourselves, and at God or the universe. It clears blockages created by decades of angry responses and opens the path to being unoffendable and tension-free in everyday living.

### Are You Funny with Money?

June 22-24, 5-6:30pm (3 sessions)

*Are You Funny with Money* centers on our relationship to the **ABUNDANCE** of all life. It frees stuck energies in relation to the cosmic flow of wealth and well-being and opens us to receive fully and give freely in all circumstances.

**Heart \$185 • Money \$155** (includes tuition, personal progress journal, and CDs)

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*Livia Kohn is Professor Emerita of Religion & East Asian Studies at Boston University. Her specialty is Daoism and the study of Chinese longevity practices. She has written and edited numerous books and articles. A long-term practitioner of taiji quan and meditation, she is also a certified instructor of yoga and qigong as well as a Core Health facilitator. One of the world's foremost scholars, Livia is expert at placing each practice in its historical and cultural context, relating its current application and efficaciousness to modern Western living.*

