

Alternative Healing for a Healthy Body and Mind

A one-day program on various alternative healing practices, “**Alternative Healing for a Healthy Body and Mind**”, will be held on Sunday, Jan. 8, 2006, at the activities center of the World Journal building, located at 231 Adrian Road, Millbrae. The event is being sponsored by non-profit Yuan Yuan Educational Foundation in celebration of its 10th anniversary.

This event is free, will be delivered in English, and will start from 10 A.M. to 5 P.M. Speakers from different specialized areas – Tai-Chi, Feng Shui, Reiki, Luk Tung Kuen, Hochi Universal Love, Yuan-Chi Dance, Kundalini Yoga, Tibetan healing tradition, Shun Chi Qigong and other traditional Chinese medical healing practices – will provide brief presentations in the morning and will offer demonstrations and individualized advice in the afternoon. Note that any donations to cover the cost of the event will be appreciated.

Yuan Yuan Educational Foundation, founded on Jan. 12, 1996, is a non-profit organization fully dedicated to serving all people regardless of age, gender, race, religion, educational or economic background, with life-enhancing educational programs which are rich in the Chinese cultural tradition and focus on spiritual cultivation designed to achieve peace, harmony, and success, and to create a better life for mankind.

Additional event details are below:

To celebrate its 10-year anniversary, Yuan Yuan Educational Foundation is sponsoring a free one-day program, “**Alternative Healing for a Healthy Body and Mind**”. The program will be in English.

Date / Time: Sunday, Jan.8, 2006; 10:00 A.M. – 5:00 P.M.

Place: Activity Center
World Journal Building
231 Adrian Road
Millbrae, Ca 94030

Cost: Free (donations are appreciated for covering event costs)

Contact: Yuan Yuan Educational Foundation
(650)-349-8868 info@yuan-yuan.org

For this special celebratory event, Yuan Yuan has invited eminent guest speakers in different specialized fields related to the “healthy body and mind” theme. The invited guest list includes masters of Tai-Chi; Luk Tung Kuen (or LTK - a form of simple Chinese exercises); the art of Feng Shui; Reiki; Hochi Universal Love (a hands-on healing non-profit organization); Yuan-Chi Dance (a form of exercise based upon Chinese palace dance); Kundalini Yoga of the White Tantric tradition; Tibetan healing tradition, Shun Chi Qigong and traditional Chinese medical healing practices.

Scheduled speakers include the following:

Kris Brenner (aka, Jin-Taiyang): An indoor disciple of grandmaster Wang Xi'an, Brenner has lived and trained in Chengjiagou of Henan, China for 10 years, and is recognized as the Chen Family Taijiquan Gong Fu tradition's 20th generation successor. She currently teaches this ancient form of exercise in the Bay Area. She is a master in Taijiquan, single sword, spear and staff, push-hands and Taiji Ball.

Evelyn Ting, an instructor and practitioner of Luk Tung Kuen for many years, teaches a free class at Beresford Park in San Mateo. Luk Tung Kuen is a stretching exercise established by Grandmaster Ha Kinh of Hong Kong.

Francine Peterson: Feng Shui consultant and teacher of the Black Sect Tantric Buddhist Feng Shui tradition which was established by grandmaster Lin Yun. Peterson has involved herself in this ancient form of Chinese art for over 10 years. She founded "Turning the Tide Design", has published a CD, and has taught and served clients all over the United States.

Caroline Patrick: A well established artist, Feng Shui consultant and teacher, herbalist and a Reiki master, Patrick has dedicated years of work to the various disciplines of the healing arts, guiding others how to feel, "see", and heal through art, herbs, Reiki and Feng Shui. Patrick will represent the Reiki practice at this event. Reiki is a "laying on hands" way of Japanese technique for stress reduction and relaxation as well as healing.

Maryam Salami: A certified Kundalini Yoga teacher and practitioner who has also established herself as a gifted and well-respected flower designer and Feng Shui consultant. Kundalini Yoga follows the White Tantric tradition and is a highly effective form of Yoga that uses movement, sound currents, breath and meditation to recharge the mind and body.

Margaret Yeung: Ms. Yeung represents the HoChi Universal Love. HoChi Universal Love is an energetic practice which harmonizes the body, mind and spirit. It is taught by Dr. Michael Chou, the founder of HoChi Institute and a doctor of traditional Chinese medicine and an enlightened master. Practitioners of HoChi Universal Love will introduce Healing Hands of Universal Love energy treatment and provide free sessions as well as healing services.

Geshe Samdup Dorji: An ordained Tibetan Bonpo monk who represents indigenous Tibetan folkloric healing tradition, Geshe Samdup has traveled from the Menri Monastery, the main Bon monastery of all of Tibet that is exiled in India. He offers a glimpse into one of the oldest traditions of healing practices on earth.

Dr. Yuemiao Fang: A well-respected physician, acupuncturist, and professor in traditional Chinese medicine, Dr. Fang presently taught at the Academy of Chinese Culture & Health Sciences in Oakland and at the South Bay University of East West Chinese Medicine. He specializes in treating illness relating to internal problems, heart ailments, children and women patients. He is also an expert in healing with dietary guidance.

Owen Pang: An established Qigong master himself, Master Pang represents the Yuan Chi Dance group of the Bay Area. Yuan Chi dance is an ancient Chinese palace dance form for the healing of body and mind. It is a unique brand of exercise combining traditional Chinese dance, Tai-Chi and Kong-Fu. Pang was instrumental in introducing this exercise form into Bay Area and has actively offered his time volunteering his teaching and guidance.

Dr. Mary Li-Ming Chen has a Ph.D in Oriental Medicine from Liberty University and holds a MA degree in Traditional Chinese Medicine from the Academy of Chinese Culture and Health Sciences, and she is also a licensed acupuncturist. She will demonstrate and teach a special, simple exercise form called “Shun Chi Qigong Exercise” to cultivate a healthy Chi for our body, mind and spirit which when one practiced diligently, will result in a state of inner beauty beyond just the physical form.

In the morning program, each presenter will introduce or demonstrate his / her specialized area of alternative healing. After an hour of lunch break (food booth will be available to purchase simple, healthy finger foods), starting at 1:30 P.M., speakers will be stationed in booths to offer free advice and to answer any questions. At the same time – from 1:30 P.M. until 4:30 P.M. – a variety of demonstrative healing practices will be staged at 30-minute intervals. During this time, participating audience members will have the choice of visiting the booths and benefiting from individualized healing advice, or watching the larger group demonstrations.

All of the event’s guest speakers are volunteering their time and expertise free of charge in support of Yuan Yuan Educational Foundation on its anniversary date. More broadly, event speakers are supporting Yuan Yuan’s intention to give back to our community. By our collective efforts, small or large, we hope to create a better world for all.