

Elemental Chi Kung

By Thalbert Allen

February 7-8, 2020

Jupiter, Florida

This two-day Chi Kung workshop is based on the Taoist Five element theory (fire, earth, metal, water, wood). The class is a series of simple movements which stimulate and balance the five elements in the body. This class takes place in the winter which is the time of the Water Element. During the time of the Water Element nature returns to stillness and rest. Water is the Element that contains yin and yang in equal measure. We will explore the different stages of water both hard (like ice) and soft (like spring water) with gentle safe exercises, promoting health and vitality.

The Instructor

I am Thalbert Allen, the Director and Principal teacher of the College of Elemental Chi Kung, a Teacher Training school based in London, England. We train teachers to pass on basic Chi Kung techniques to the general public, massage therapists and craniosacral therapists. The College has been running since 2002. My background is in Martial Arts and Chi Kung. I look forward to meeting you all and exploring the work with you.

Cost: \$250

Location: Unity Church, 550 Bush Road, Jupiter, Florida 33458

Class Hours: 12 Noon-7pm Friday, February 7; 10am-5pm Saturday, February 8.

Registration: www.SheaHeart.com or 561-775-9912 (Monday-Thursday, 9-4 EST)

For More Information: Dr. Sandra Bontemps 561-301-6971

Thalbert Allen Website: www.elementalchikung.com

Testimonials:

I am a student of Thalbert Allen for over 10 years in London and in the United States. His work has a profound effect on my body and mind. He has helped clarify and integrate both my career path, my health and especially my Buddhist meditation practice. I feel more embodied when I practice his work. It is very special to have him bring his gifts of Elemental Chi Kung to South Florida.

Michael J. Shea, PhD

In my work with Thalbert I have felt an ignition of a magical inner energetic experience that continues to inform every part of my life. A true Delight!

Dr. Sandra Bontemps

