

Parkridge Plaza Building, 8950 Route 108,  
Suite 109, Columbia, MD 21045



410.720.4340  
www.columbiayoga.com

# QiGong with International QiGong Teacher Daisy Lee

Friday, February 10th & Sunday, February 12th  
At The Yoga Center of Columbia

## Free QiGong Presentation Friday, February 10, 2012 6:30pm - 8:00pm

Join us for a FREE introduction to QiGong and learn some fun movements. Space is limited for this free presentation, and it will fill quickly. Please register in advance to reserve your spot.



## QiGong For Optimum Health Sunday, February 12, 2012 11:30am - 5:00pm Cost \$100

Learn powerful QiGong techniques designed to super-charge your immune system as well as special techniques to open up the heart for Valentine Week!

Daisy Lee is certified as a Level III Advanced QiGong Instructor and Clinical Practitioner by the National QiGong Association of America, as well as being a US board member on the International QiGong Science Association in Beijing. She has studied and taught QiGong for the past 15 years with a special emphasis on women's health through her **Radiant Lotus Women's QiGong** program as well as co-ed programs for practitioners of all ages.

### Registration Form

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at [www.columbiayoga.com](http://www.columbiayoga.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone # : (Days) \_\_\_\_\_ (Nights) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Please sign me up for the **QiGong Workshop(s) with Daisy Lee:**

February 10, Intro Presentation, 6:30pm - 8pm, Free     February 12, QiGong For Optimal Health, 11:30am - 5:00pm, \$100

Payment Type: (✓)     Cash     Check     Visa     MasterCard     American Express     Discover

Acct. No. \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_