

2nd Annual Eastover Medical Qigong Taichi and Eastern Medicine Symposium

Keynotes - Qigong Masters and TCM doctors Junfeng Li, Mantak Chia, Roger Jahnke, Terry Dunn, Lonny Jarrett, Rengang Wang, Daisy Lee, Jampa Stewart, Solala Towler

LENOX, MA, UNITED STATES, January 20, 2017 /EINPresswire.com/ -- We are in an exciting era of holistic healing. Various forms of meditation and yoga have become essential tools for psychologists, neuroscience researchers, Buddhist practitioners and Zen Masters. Here at Eastover Estate and Retreat, in the beautiful Berkshire Mountains of Massachusetts, a week long Symposium on Medical Qi Gong, Tai Chi, Eastern Medicine and holistic healing will be held in June.

This Symposium will welcome 15 Grand Master presenters, including: Mantak Chia, Junfeng Li, Dr. Roger Jahnke, Daisy Lee, Lonny Jarrett, Sifu Rengang Wang L.A.c., Sifu Mathhew, Dr. Penelope Klein, Dr. Paul Hannah, Dr. Mehernosh Khan, Sifu Terence Dunn, Jampa Stewart L.A.c, Jianye Jiang and Prana Regina Barrett.

Spearheaded by Eastover in conjunction with the Masters and various organizations, the 2017 Symposium will bring much awareness to Qi Gong and Tai Chi as a mindfulness practice and as part of the Traditional Chinese Medicine system that is accessible to all and highly recommended by medical and healing professionals.

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We come together to: “Make way for what we truly are in essence – infinitely free beings, embodiment of love on every level, sparks of the divine, perfect and full”

*Formal National Martial Art
Head Coach Junfeng Li*

We are thrilled to make the announcement of this second annual:

[Eastover Medical Qi Gong Taichi and Eastern Medicine Symposium](#)

Date: June 23th – 30th, 2017

Early Bird Discount: Until March 30th, 2017

NCCAOM: 51 PDAs

Location: Eastover Estate and Retreat Center – 430 East Street, Lenox, MA

Booking: <http://www.eastover.com/symposium.html>: 5 days or more - 20% off room & board

Tuition: From \$195 - \$950.00 (1-7 days) – See www.eastover.com

Contact Info: 866-264-5139 - events@eastover.com



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Online Brochure:

<http://eastover.com/packages/online-brochure.pdf>

Anyone who is a practitioner, whether it's the Dao, Dharma, Yoga, or Nature, will find a connection with Higher Consciousness at this Symposium. From spiritual leaders like Junfeng Li; Healing Dao innovator Mantak Chia; Long time Dharma and Dao teacher Jampa Stewart; Yogic Golden Flying Phoenix

Qigong lineage holder Terry Dunn to Wushu Martial Arts Masters – you will have a chance to connect and explore in depth. We come together to: “Make way for what we truly are in essence – infinitely free beings, embodiment of love on every level, sparks of the divine, perfect and full.” – Junfeng Li Dr. Roger Janhke wrote in one of his papers: “Qigong, Tai Chi, Meditation and even Qi Transmission (transmitting Qi to help others) has been the wellness program of Chinese medicine - called Yang Sheng - from earlier than written history. We now know that these mind–body practices are having a significant influence on genomics (telomeres and cell replication), epigenetics (habits and environments) and neuro–science (brain plasticity). That is impressive! It is thought that many of the earliest discoveries in Chinese medicine were made by physicians who were Qi Cultivators — Qigong practitioners) who had extraordinary capacity to penetrate into the mysterious realm of Qi.”

Qi Gong (Chi Kung) – The Art and Science of Living is a powerful system of healing and life energy or “Qi” cultivated from the ancient Chinese Medicine Tradition. Qi is the vital life force that flows through all things in the universe. Gong means work, or ability that is cultivated through steady practice. Qi Gong is one of the most approachable practices of mindfulness and is available to everyone, at every moment. Its forms include breathing techniques, subtle movement and meditation to cleanse, strengthen and circulate Qi - leading to better health, vitality and a tranquil state of mind.

The modern world poses many challenges to our cultivation and maintenance of Qi. When we regularly live in a stressful state, our sympathetic nervous system’s “fight or flight response” is easily activated - shallow breathing and a rapid heart rate become the norm. This contributes to a depletion of Qi in our bodies and can impact/impair digestion, elimination, sleep, and other functions vital to our wellbeing.

When we engage in daily mindfulness practices like Qi Gong, Meditation, or Tai Chi, our parasympathetic nervous system gets activated instead, enabling a relaxed state in which the body can heal itself, create new neural pathways and establish good health. As vitality improves and energy flows freely and in rhythm with the universe, many symptoms of stress lessen and gradually disappear. There are various forms of Qi Gong, each emphasizing a unique method of vital life-energy cultivation.

Many medical and TCM doctors as well as psychiatrists and family medicine practitioners, have created effective programs for treating, healing and revitalizing their patients using Medical Qi Gong, Tai Chi and Integrative Eastern Medicine. At the symposium Psychiatrist Dr. Paul Hannah will share how Qigong practice can help patients master the principles of aligning, allowing and applying for greatness. Dr. Khan, MD, will share his experience of how holistic care can be combined with medical care to improve the Family Practice model. Jampa Stewart will share how Dharma psychology and Qigong Taichi practice goes hand in hand to achieving healing in treating patients.

[EASTOVER is a 600-acre sanctuary and residential holistic retreat center](#) with a sun drenched café, juice bar, library, porch, terrace, affordable and luxury accommodations, right in the cultural hub of the Berkshires - minutes from Tanglewood & other cultural venues. We are an ideal location for teachers, groups, organizations and companies seeking retreat and training. Dedicated to facilitating retreats and group training, we offer spacious program/studio facilities - including commercial kitchens for cooking classes, and a wide range of overnight accommodations to suit everyone’s budget - from



Eco-water reclamation housed in a giant green house by Tallyho For school visits and various eco-tour

rustic, to contemporary, to luxurious.

Eastover is not affiliated with any specific spiritual tradition. Its eclectic open-hearted receptivity to a broad array of groups and teachers aims to support the continuing emergence of holistic and ecological ideas capable of renewing our culture and leading the way to a sustainable planet.

Sitting on an environmentally sensitive property with wetlands, Eastover “walks the walk and talks the talk.” After 4 years of design and permit acquisitions and 1 year of construction, its state-of-the art greenhouse water reclamation system will be up and running this spring! A major undertaking, the facility adds great value to Eastover’s educational initiative, shows our respect not only for personal health, but for the health of our planet as well.

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Eastover Estate and Retreat

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email us here

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