

**TIME :**

May 29 & 30, 2010

Saturday: 10 am – 6pm

Sunday : 7.30am – 5pm

*(Breakfast included on sunday)*

**LOCATION :**

Training Center Kenkon

Nieuwe Kanaal 11

6709 PA Wageningen

**FEE :**

120 € + free donation *(including 2 lunches, sunday breakfast and tea, juice & coffee in the breaks). The profits of this seminar go to TERA (Tibetan Education & Relief Association).*

**REGISTRATION :**

E-mail : [info@kenkon.org](mailto:info@kenkon.org)

Phone: +31 (0)317 45 29 46

**INFORMATION:**

E-mail : [ttefy@email.com](mailto:ttefy@email.com)

**LANGUAGE:**

English

**TIANA TEFY**

Has been practicing Tibetan Buddhism meditation and Qi Gong for more than 10 years. She also has a solid background in Traditional Chinese Medicine. She has studied under the guidance of Kjabe Trulshik Rinpoche, Tenzin Wangyal Rinpoche, Chrissie Coburn-Krzowska, Irini Rockwell, Sydney Leijenhorst. In addition, she has recieved teachings from several senior intructors of the universal Tao svstem.

# Qi Gong Workshop for Women

***With Tiana TEFY***



The Training Center Kenkon and Tiana Tefy invite you to a two days journey into the sacred female energy.

Within a trustful atmosphere, we will discover and cultivate our feminine essence by direct experience, and deepen our connection with the nourishing strength of the earth, the loving quality of fire and the liberating dimension of space.

**The tools :**

We will explore the feminine realm by means of Qi Gong exercises from the Taoist tradition (healing movements, feminine self massage and ovarian breathing.....), while leaving room for other practices (meditation, dance.....) if appropriate at the present moment.

**For Women who:**

- want to deepen intimacy with their body and sexuality
- aspire at transmuting the sexual energy into creative energy
- want to harmonise their menstruation cycle
- are pregnant
- recover from birth
- are in pre-/or menopause
- are beginners or advanced