

# FRANCESCO GARRIPOLI & AMBIKHA DEVI

In Metropolitan DC

## *Qi Meets Prana, Part I*

Sunday, April 30<sup>th</sup> 9:30am - 4:30pm (\$125 by April 29<sup>th</sup>)  
Lyon Park Community Center | Arlington, VA

## *Mandala Dance*

Monday, May 1<sup>st</sup> 5:30pm-8:30pm (\$75 by April 29<sup>th</sup>)  
Lyon Park Community Center | Arlington, VA

## *Qigong with Francesco and Ambikha*

Wednesday, May 3<sup>rd</sup> 5:30pm-8:30pm (\$75 by April 29<sup>th</sup>)  
Lyon Park Community Center | Arlington, VA

## *Dreaming Awake with Francesco Garripoli*

Thursday, May 4<sup>th</sup> 5:30pm-8:30pm (\$75 by April 29<sup>th</sup>)  
Lyon Park Community Center | Arlington, VA

## *Qi Meets Prana, Part II*

Saturday, May 6<sup>th</sup> 9:30am - 4:30pm (\$125 by April 29<sup>th</sup>)  
St. Clement Church | Alexandria, VA

**Specific information about the content of each of these workshops is on the second page and at [www.PeaceableDragon.org](http://www.PeaceableDragon.org)**

## **Registration**

(after April 29<sup>st</sup> add 20% to the tuition)

_____ April 30 <sup>th</sup>	Qi Meets Prana, Level I	\$125
_____ May 1 <sup>st</sup>	Mandala Dance	\$ 75
_____ May 3 <sup>rd</sup>	Qigong with Francesco and Ambikha	\$ 75
_____ May 4 <sup>th</sup>	Dreaming Awake	\$ 75
_____ May 6 <sup>th</sup>	Qi Meets Prana, Level II	\$125

Mail Checks with your name and email address to:

*Peaceable Dragon*

8562 Gwynedd Way, Springfield, VA 22153

**Questions?** [PeaceableDragon@hotmail.com](mailto:PeaceableDragon@hotmail.com)



## Class Descriptions

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### **Sunday, April 30<sup>th</sup> (9:30 - 4:30) “Qi Meets Prana Part I”**

This workshop will explore Organ Cleansing Qigong, Yoga Asanas, a variety of short and effective qigong styles, guided yoga and qigong meditations and breath work techniques and Yi imaging and interactive individual and partner exercises.

### **Monday, May 1<sup>st</sup> (5:30 - 8:30) “Mandala Dance”**

Ambikha Devi, internationally acclaimed Yoga instructor, breath worker, and transformational dance facilitator joins Qigong instructor Francesco Garripoli in offering "Mandala Dance", a 90-minute interactive journey of awakening through movement. A "guided meditation through free-form dance", this experience begins with Qigong grounding and clearing, after which Ambikha uses specific music and spoken intention to lead you into a deep and joyful transformation through mindful movement.

### **Wednesday, May 3<sup>rd</sup> (5:30 - 8:30) “Qigong with Francesco and Ambikha”**

Francesco Garripoli teams up with internationally acclaimed Yoga instructor Ambikha Devi to offer a Qigong class with a twist... A solid, traditional Taoist Qigong offering will be taught by Francesco with forms taken from his various DVDs. Ambikha will then present some gentle counterpoint movements from Yoga that will show the power and wisdom of how this practice easily complements Qigong with great benefits for mind, body, and spirit.

### **Thursday, May 4<sup>th</sup> (5:30 - 8:30) “Dreaming Awake”**

Francesco will present ideas from his forthcoming book "The Dreaming Book - the Art of Dreaming Awake" in a fun and insightful interactive lecture. Drawing from neuroscience, Qigong, shamanism, Buddhism, quantum physics, and everyday life, Francesco presents a very compelling theory that the world we experience everyday is much more than we think. He presents practical tools for putting these theories to work in daily life for achieving powerful and surprising outcomes.

### **Saturday, May 6<sup>th</sup> (9:30 - 4:30) “Qi Meets Prana Part II”**

This class will definitely build on the one the week before... but I think people don't need the first one as a pre-requisite to attend. Those who attend both will definitely achieve a deeper sense of the practice. It is possible to attend this class without having attended Part I the week before.