

KENNETH COHEN PRESENTS

Dynamic Qigong for Strength & Health Muscle-Tendon Transformation



September 11-13, 2020
Historic Hotel Colorado & Hot Springs Resort
Glenwood Springs, Colorado

Not all qigong is soft and gentle like Tai Chi. Some, like these treasured methods from China's Shaolin Monastery dramatically increase strength and resilience and condition the body against injury. You will learn

- The complete "Transforming the Muscles and Tendons" Qigong (Yi Jin Jing), a series of easy-to-learn postures that combine dynamic tension, slow movements, breathing, and visualization ("crush the iron ball"). The Yi Jin Jing drives qi, life energy, through the tendons, fascia, and muscles to improve sports performance, athletic skill, and help prevent age-related muscle loss.
- 18 Lohan (Enlightened Monks) Qigong for balance, flexibility, and energy flow
- Pai Da self-tapping to release stagnation and improve circulation.
- An introduction to Chinese longevity herbal formulas and external muscle and bruise linaments.

There will also be time discussion, note-taking, and seated meditations that develop a quiet center of peace and tranquility. Beginners are welcome.

Please note that this program is for education, well-being, and personal development only and not meant to treat disease. Students with medical problems should seek their physician's advice before engaging in a qigong exercise program.

Location: The Historic Hotel Colorado
526 Pine Street, Glenwood Springs, Colorado 81601



The Hotel Colorado is one of the last Grand Hotels, spacious and elegant with comfortable sitting and discussion areas both in and outdoors, its own restaurant and cappuccino café, and upgraded rooms. President Teddy Roosevelt used the Hotel Colorado as his “White House of the West” (and it was here that the “Teddy Bear” was invented) and as a base for hiking in the beautiful surrounding mountains. The Colorado River is less than ten minutes walk across the footbridge that also takes you to a variety of exceptional restaurants. The Hotel is also just across from the world famous Hot Springs Pool and, Ken Cohen’s personal favorite, the Yampah Spa and Vapor Caves. The spa includes changing rooms (bathing suits required), natural caves filled with steam from the underground hot springs, and upstairs spa services such as facials and massages. It remains a holy place of purification to the Utes and other original peoples of Colorado.

Lodging

You are responsible for your own lodging and meals.

For convenience we recommend the **Hotel Colorado**. <https://www.hotelcolorado.com/> (970) 945-6511
Other hotels within walking distance of the Hotel Colorado, include the excellent **Best Western Antlers** https://www.bestwestern.com/en_US/book/hotels-in-glenwood-springs/best-western-antlers/propertyCode.06084.html (970) 945-8535
and the budget **Silver Spruce Inn** <https://www.silverspruceinn.com/> (970) 945-5458.

Most of the hotels offer AAA and AARP discounts and the three listed above offer a \$5 discount coupon for the Yampah Vapor Caves. Please consult online resources or AAA to view types of available lodging. It is imperative that you make your reservation ASAP.

How To Get There

Closest Airport: Denver International Airport (DIA). It is an absolutely breathtaking 3 hours and 30-45 minutes drive along I-70 from Denver to Glenwood Springs. How to get there:

- Car rentals from DIA, or
- Amtrak from Denver's Union Station, or
- Most recommended for out of area students: **Epic Mountain Express shuttle**, directly from DIA to the La Quinta, Glenwood Springs (from there convenient Uber or Taxi to your hotel). With your workshop deposit/registration confirmation you will receive an Epic Mountain Express discount code with web and phone links exclusively for students in this workshop! Note: the September shuttle schedule will be released in early spring 2020. In September 2019, shuttles left DIA at 12:30 PM and 3:30 PM. Returns from Glenwood Springs to DIA departed Glenwood at 7:15 AM (arrival 11 AM) or 10:15 AM (arrival 2 PM). But, again, please check for latest schedule.

Workshop Hours

Friday, Sept. 11, Registration 8:30-9 AM

Class Sessions, Friday & Saturday 9 AM-12, 2-5 PM; Sunday 9 AM- 12, 2-4 PM

Teacher Trainees only: Sunday 4:20-5 PM free Qigong Meditation Class "Varieties of Small Heavenly Orbit Meditation"

When Should I Arrive? Plan to arrive by Thursday, as class starts Friday morning. If you are not renting a car, you may need to schedule an early flight to the airport to coordinate with the afternoon Epic Mountain Express Shuttle. Or if flight schedules are not convenient, consider arriving Wed night to stay at an airport hotel and then take the shuttle on Thursday. Similarly, you will need to depart Monday to catch the morning shuttle back to Denver International Airport.

Certificate

A framable certificate will be awarded to each student, documenting hours of training.

Registration and Payment

Tuition: \$425. Includes all instruction and hand-outs.

Registration: \$100 deposit. Most conveniently by PayPal to paypal.me/KCohenQigong By mail: Check or money order in U.S. funds payable to Kenneth Cohen, P.O. Box 1727, Nederland, CO 80466 USA. All registrants: please include your full name, email, and phone contact. MasterCard or VISA payment and Information: call (720) 985-6445. Please leave a message, and we will call you back to get your credit card information. Tuition balance due by August 17. The deposit and all payments are non-refundable.

IN THIS EXCLUSIVE WORKSHOP, CLASS SIZE WILL BE LIMITED. Please reserve your space by registering as soon as possible. Questions? Contact info@qigonghealing.com or 720-985-6445

Instructor: Ken Cohen, M.A. world-renowned Qigong Grandmaster, martial artist, and health educator is the author of *The Way of Qigong: The Art and Science of Chinese Energy Healing*. Recipient of the Lifetime Achievement Award in Energy Medicine, Ken's work has been sponsored by the American Cancer Society, the Mayo Clinic, Health Canada, and numerous cultural organizations.