

# 4<sup>TH</sup> WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA



## *Paul Wellin*

*Vitality Seminars, USA*

### **Yoga's Chakras & Qi energy for natural healing**

I have worked with my client's life force for twenty-four years. These healing sessions have revealed hidden mysteries about our body physiology. Our material reality -- brain and body -- is connected to a larger field of influence that includes our Chakras and our Energy Fields. Yoga is a 5,000-year-old science that teaches mindfulness and how to connect to our Higher Self. In this workshop, Paul Wellin (Vitality Seminars), will describe the interaction between our Chakras and our Qi energy, to improve our health and happiness. Many of us understand our Chakras as energy centers ("wheels") around our body. However, Chakras also shape our personality. Balancing each of our Chakras develops personal and interpersonal strengths and skills. Open Chakras can relax and empower, enhance our ability to love and to communicate, plus reveal our life purpose. The workshop will activate Life Force ("Qi") in your body's health symptoms, your brain chemistry, your emotional moods. Your Chakra personalities will express with sound, breath, visualizations. compassion. Participants will learn about Yoga philosophy, Yoga Therapy, the science of Life Force, body physiology, spiritual anatomy, Soul Psychology, meditation, integrative healing, super-consciousness. Paul will answer questions about your specific health or stress challenges, from the life force perspective (time permitting). Bring your "cosmic questions," about your life lessons, your life purpose. the patterns that show up in your life.

### **Biography**

Paul Wellin is a California-State Licensed Massage Therapist, Certified Chi Gong Teacher, Apprenticed Yoga Teacher, Counselor/ Health Coach, Educator. He received his Bachelor of Arts in Psychology, from the University of Maryland (1981). He received his Master of Arts in Counseling from USIU/ Alliant University, San Diego (1985). He is currently teaching Psychology at Argosy University, San Diego. He is the founder of the Life Force Treatment(LFT).

[nrgwell@yahoo.com](mailto:nrgwell@yahoo.com)

### **Notes:**