

Qi-ocola-Tea & Thee

A two part workshop



Feeling cooped up with this “soul-sucking” cold weather? Don’t let it deplete all of your “qi” (“chee”)! I just keep thinking – if I don’t look at all the snow, somehow it’ll just magically disappear. I have a lovely antidote for your early spring fever...and it’s “qiocolatea”!

How about some piping hot dark chocolate fondue and a wide selection of Chinese healing green teas? Or perhaps you’d prefer some warm Mayan Natural Cacao (the basis of our sweetened chocolate) – the libation of the gods! Delightful and delectable!



This two-part workshop is offered on two afternoons, Sundays Feb. 27th and March 20th (first day of Spring!) 1:00-4:30pm each day. Pick one or the other, or both! I will feature different chocolates, tea and surprise events each afternoon. Bring a friend...or two. This makes a great Valentine’s Day gift—Gift Certificates available!

Workshop includes:

Shiba Luohan Qigong—an 18-motif ancient Shaolin ancient qigong form . We’ll learn the first six “motifs”.

“Un-meditation” techniques—those who’d like to learn how to meditate but don’t know where to start. So easy, anyone can do it!

Chocolate tasting from a wonderful company called Xocai the first afternoon; and the next time from Oasis, a local chocolate shop owned by the talented Tiffany Watts.

Self-acupressure massage—learn ways you can improve your own health in just a few easy movements.

Qi Healing—receive one-on-one extraordinary energy work.



Registration/Deadline: Act fast as workshop is limited to 10 people each day. Payment is due to Debi (check, cash, credit card) by February 18th. *Call Debi or email today – 484-431-1270, ddunn3102@hotmail.com.*

Location—Phoenixville, PA contact Debi for directions
Dates—Sundays, February 27 and March 20th, 1:00-4:30pm
Fee—\$75 for each date, or \$125 for both (save \$25!)