

# Humming Breath Qigong

## A One-Day Intensive With Teacher & Author Dennis Lewis

**Sunday, Feb 6, 2011, at The Center for Harmonious Awakening, Rio Verde Foothills (Scottsdale), AZ 85262**

**From Dennis Lewis:** My work is to help us see and go beyond the boundaries of the conditioned mind—the habitual constellation of thoughts, emotions, sensations, beliefs, and judgments that each of us calls “myself”—and to help open us to the vast breadth of the life force as it manifests through us at this very moment. My work is to help us explore and awaken, in a harmonious way, to the freedom of real presence and consciousness—the freedom to see and say “yes” to the miracle of what is.



### Humming Breath Qigong Intensive

Humming Breath Qigong will help connect you with the energies of heaven and earth, open the breathing spaces in your belly, back, and chest, and promote energy flow throughout your body. In preparation for this form, Dennis will guide you in meditation and teach you powerful natural breathing and awareness practices that you can use in your daily life to reduce stress and become more present to who you really are.

Dennis first officially unveiled Humming Breath Qigong at the National Qigong Association conference at Asilomar (CA) in June, 2009. Here is what some of the qigong teachers and practitioners who attended had to say about their experiences:

- “Very beautiful and effective.”
- “Very knowledgeable of what was happening physically and energetically.”
- “Was clearly able to share information from his extensive background with breathing.”
- “Good explanations and good use of examples and stories to illustrate the teachings.”
- “He took one practice and built on it so that we gained a depth of experience.”
- “Fabulous class!”
- “A thoughtful and methodical approach that made the material easy to learn.”
- “A lovely experience.”
- “What a surprise! Loved this qigong and will definitely take this home to practice.”
- “Very helpful in fundamental ways that will certainly enhance my life.”



**Date & Time:** February 6, 2011, from 10 AM to 4 PM.

**Cost:** \$75.00 (check or cash). **Space is limited! Advance registration required!**

**Bring:** Sitting cushion, yoga mat or blanket, and bag lunch.

**For workshop address, or to sign up:** call Dennis at 623-252-4396, or write him at [denlew@gmail.com](mailto:denlew@gmail.com).

**Dennis Lewis**, a longtime student of the Gurdjieff Work, Taoism, and Advaita, is co-editor with Jacob Needleman of *Sacred Tradition & Present Need* and *On the Way to Self Knowledge*. He is the author of *Free Your Breath, Free Your Life*; *The Tao of Natural Breathing*; the three-CD audio program *Natural Breathing*, and *Breathe Into Being: Awakening to Who You Really Are*. Lewis teaches regularly at Esalen Institute and has also taught at The New York Open Center, The Kripalu Center for Yoga & Health, the National Qigong Conference, and many other venues. **Learn more about Dennis Lewis at**

<http://www.dennislewis.org>

