

# WISDOM HEALING CHI GONG with COLEENE FRANCES

*"If you want to be healthy and live to be 100, do Qigong" Dr. Oz*

Create more energy for your life! Heal your body by reducing stress, pain, and disease with Chi Gong.

Increase chi (life force energy) removing blockages and stagnant energy through gentle, flowing movements, sound healing, visualization and meditation. It is easy to learn and a joy to practice.

As your body self-heals and rebalances, chi flows into every aspect of your being (physical, mental, emotional and spiritual) creating more energy, joy, ease of movement and well-being.

***Coleene Frances***  
**Certified Qigong Teacher**  
**Life Coach & Spiritual Guide**

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**My Healing Story:** My body was in decline based on trauma from early childhood and stress in my current life. I was diagnosed with tumors which had spread to all my organs, autoimmune disease, leaky gut, hashimoto thyroiditis, adrenal fatigue, low functioning kidneys, and arthritis. As result, my weight sky-rocketed to 314 lbs as you can see in the picture to the right. In one year of practicing Chi Gong, I released 100 lbs, all tumors were dissolved without surgery, adrenals, kidneys and hormones returned to normal levels and I no longer had joint pain or depression. I was so inspired by my healing that I went to China to become a certified teacher and share this gift with many others. I've studied Qigong for 15 years with Master Mingtong Gu, ChiCenter.com, and other masters in China and the U.S. and have been teaching for the past 13 years.



**All ages and health conditions welcome. No prior experience required.**  
**FIRST CLASS FREE!**

## **DENVER:**

**Tuesdays 10-11:30**

**First Spiritual Science Church**  
**3375 S Dahlia St. Denver, Co.**

## **LAKESWOOD:**

**Saturdays 10-11:30**

**Lakewood Church of Christ**  
**100 Carr St, Lakewood, Co.**

**Mondays 1:15-2:15 & Thursdays 10-11**

**Denver Vitality Center**  
**2750 S Wadsworth Blvd. Suite D100**