



WISDOM HEALING QIGONG with COLEENE FRANCES

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

Join us in learning gentle movements practiced with visualization and sound to direct the flow of Qi (Chi) or life-force energy into and through the body for greater:

Health and Wellness
Stress Reduction
Energy and Joy
Anti-Aging/Rejuvenation

Activation of your Energy Body
Emotional Healing/Balance
Wisdom/Mental Clarity
Connection to the Source

Master Míngtong Gu
Founder Chi Center
Galisteo, New Mexico
(Dr. Pang lineage Medicineless
Hospital, Huaxia China)
www.chicenter.com



Coleene Frances
Certified Qigong Teacher
Life Coach & Spiritual Guide

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Coleene is a certified Life Coach, Spiritual Guide and Qigong Teacher in private practice in Centennial Colorado. She has studied Wisdom Healing Qigong with Master Míngtong Gu and other masters in China and the U.S. for the past ten years. Her passion is to assist others in realizing greater health, energy, empowerment and emotional freedom through a stronger connection with the source. She teaches Wisdom Healing Qigong locally and at the Chi Center in Galisteo, New Mexico. Coleene received her M.A. in Spiritual Psychology from the University of Santa Monica, California.

No experience required-all ages/health conditions welcome!

Contact:760-585-5554

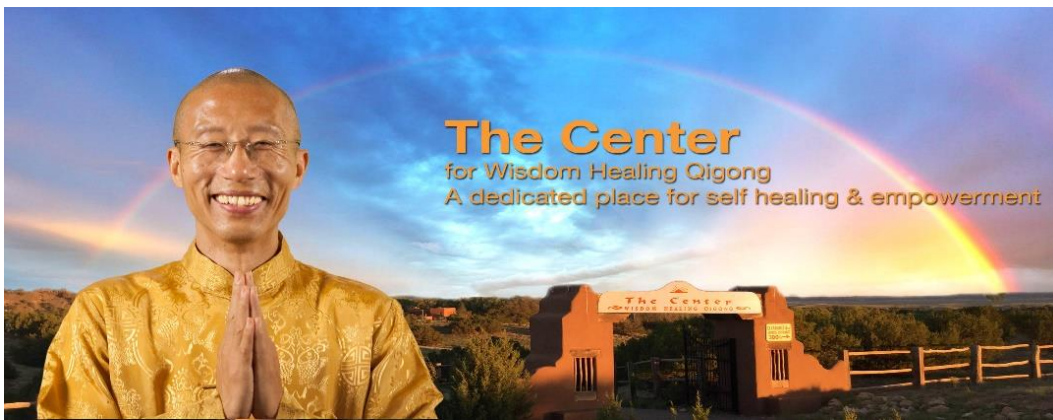


First Class Free!

Classes: Every Tuesday
1st & 3rd Sat monthly
10-11:30
\$10 CLASS or \$50 for 6



**FIRST SPIRITUAL
SCIENCE CHURCH
OF DENVER**
3375 S. Dahlia St.
Denver. Colorado



“Coleene has a wealth of wisdom and ability to serve anyone focused on healing and transformation. Her own experience of transformation will inspire your discovery of self-healing. Best of all, her loving energy holds such a profound space for your own evolution and connection with the Divine.” **Master Mingtong Gu, Chi Center Founder, Galisteo New Mexico...studied with Dr. Pang Ming at the Medicineless Hospital in China**

“What a boon for the Denver Area to have Coleene sharing Qigong! Her joy and encouragement send ripples of healing throughout our class. It is so empowering to feel the life force chi throughout the body! I would hate to miss even one week of our fun-filled group participation!” **Aurelia, Healer and Denver Networker**

“Qi Gong with Coleene Frances has been a slice of Grace. The centering, balance and well-being that I feel with each class is amazing. The field of group energy is worth the class fee. What a nourishing activity, I’m glad to participate as I’m able.” **Sandy Blaha, Healer and Consultant**

“Coleene’s qigong classes always leave me with a sense of universal connection, joy and wellness. Coleene is truly a magnificent, wise teacher. I value her knowledge and her ability to connect with her students. I am honored to be a participant in her classes and look forward to learning more from her.” **Kathy Albert, Herbalist**

“I had been suffering with pain in my lower back and hip for more than a year. I tried everything to relieve this pain. I went to Coleene’s Qigong class and bought the DVD which I do as often as possible. Every class brings new insight, information and flexibility into your life in surprising ways. I highly recommend this class.” **Kay Dragon, Intuitive Advisor & Author Merlin Chronicles**

“Coleene's class is a God send. Regardless of age or physical ability, you will benefit. Her class is flexible allowing first timers and more seasoned students to come together in a joyful experience celebrating the chi field available to all for healing. I highly recommend giving it a try for whatever ails you or for simply general well-being.” **Mike Hughes, Business Owner**

“Coleene is a wonderful teacher of this ageless practice. She makes Qigong easy to understand, from the first time you practice it with her. I have also appreciated the Sound Healing Practice, which is a gentle, yet effective, healing practice for emotional well-being.” **Robert Kyes, Nutrition Specialist**

“Qigong has empowered my ability to heal myself and connect with the Chi Field. It has unlocked what I didn’t know was locked! I am grateful for the wisdom and heartfelt space Coleene provides.” **Dr. Angelica Zaid, MD**

“I am very happy to do Chi Gong every Tuesday at FSSC! I can see changes in our attendees, especially when they achieve their One Hundred Day Gongs! I believe all who attend are benefited. Thank you Coleene for bringing ChiGong to our church! **Reverend Michael James Buckley**