



QIGONG

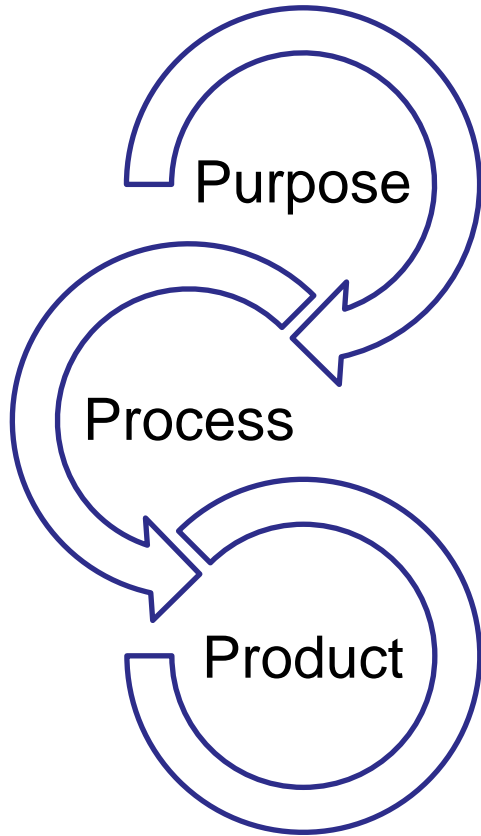


“Wellness Holistically”™

4636 Lebanon Pike, PMB #251
Hermitage, TN 37076-1316

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THE 3 Ps: PURPOSE – PROCESS - PRODUCT



Provide an overview of Qigong and its benefits.

- Understand the purposes, methods and applications of Qigong.
- Learn about medical Qigong treatments.

Increased understanding about the benefits of Qigong and options for potential medical Qigong treatments.

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MEDICAL QIGONG THERAPIST RHONDA BRADLEY



Nashville Native * Award Winning Athlete
Electric Bass Enthusiast * DuPont Corporation Manager



-BS, Architectural Engineering



-ME, Management of Technology



-Certificate, Sports Nutrition



-Certificate, Human Resources Management



-Personal Coaching

One 80 Turn, LLC

My Mission Is Simple

“Assist my partners in reaching their highest potential by providing them tools to successfully reduce stress and integrate their physical, emotional, mental and spiritual selves.”



-Nidan, Wado-Ryu Karate-Do
(2nd Degree Black Belt)



-Certified Qigong Healer & Instructor



-Medical Qigong Therapist (MQT)



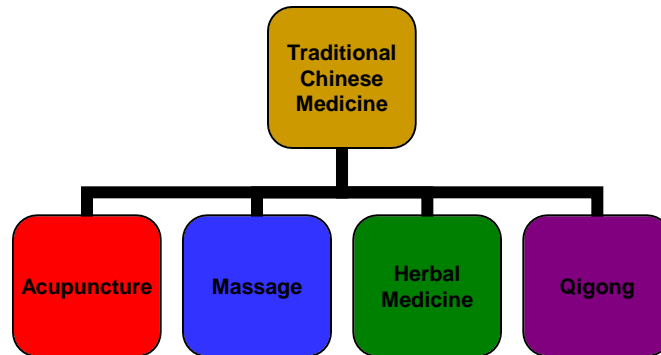
-Minister

Alternative Learning Technologies

- Reiki Master, Sei-Chem Tibetan Reiki
- Practitioner, Neuro-Linguistic Programming
- Practitioner, Time Line Therapy™
- Certified Hypnotherapist

WHAT IS QIGONG?

Qigong (Chi Kung), pronounced chee-gung, is the mother of Chinese self healing and is one of the four pillars of Traditional Chinese Medicine (TCM):



氣功

Qi = energy, life force that circulates within the body

Gong = work, practice, cultivate, refine

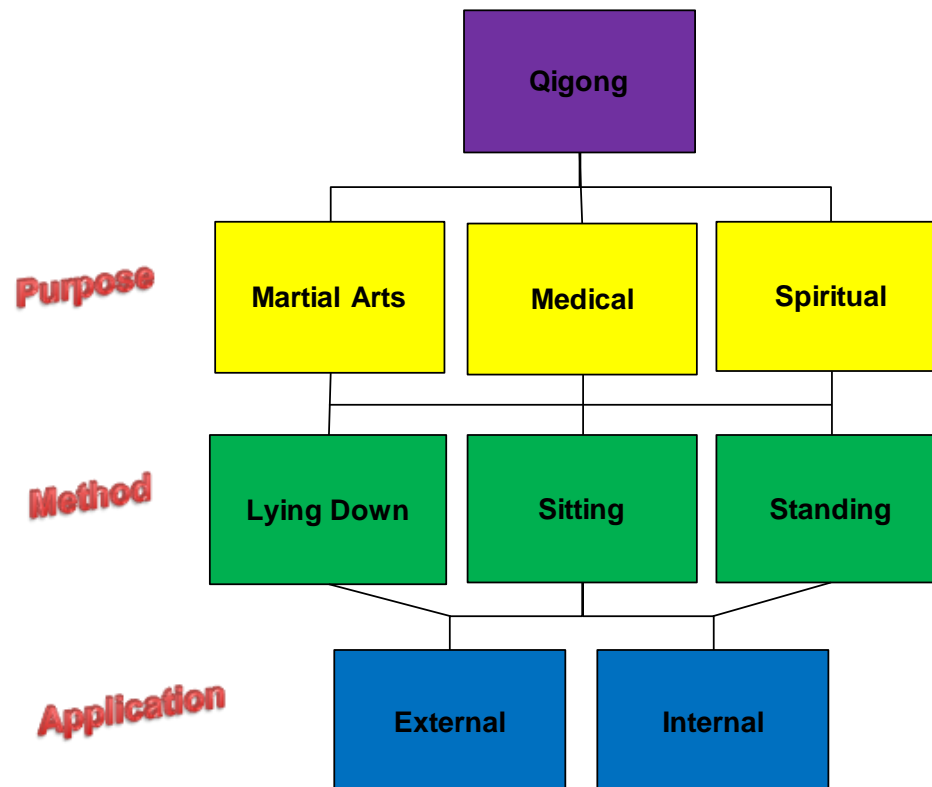
Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention

-National Qigong Association

PURPOSES – METHODS – APPLICATIONS OF QIGONG

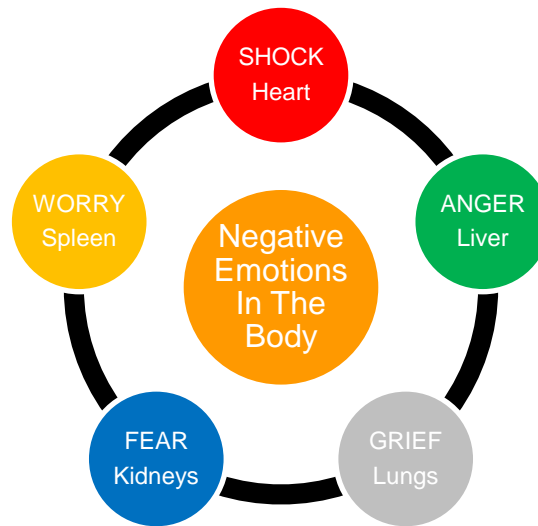
Within the four pillars of TCM, Qigong is the easiest in terms of self-application, and is a practice that has been used by the people of China for thousands of years to improve and maintain their health as well as develop greater power for the martial arts. **Those who practice Qigong regularly, have reported needing less medication and healing faster.**

The purposes, methods and applications of Qigong are shown below:



WHAT IS MEDICAL QIGONG?

Each of your organs houses different emotions that affect the Qi (energy) differently in your body.



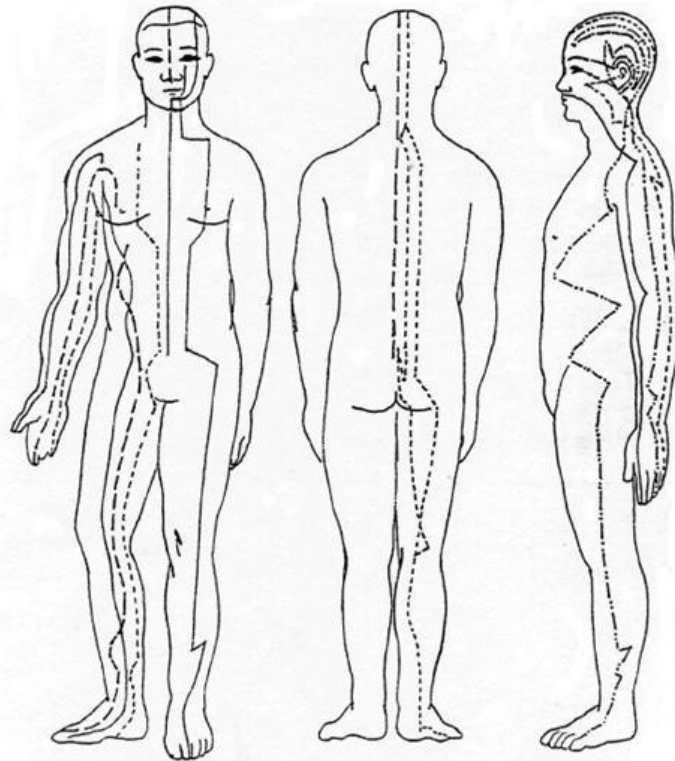
Medical Qigong consists of specific techniques that use the knowledge of the body's internal and external energy fields to purge, tonify and balance these energies.



WHAT IS A MEDICAL QIGONG TREATMENT?

In Chinese philosophy energy is always moving within the body. As a result, no system or organ functions without affecting all of the others. Therefore, when one organ is out of balance all of the other organs are affected.

Your Qi travels through the meridians that link the organs and tissues. Medical Qigong treatments utilize the flow of your Qi through the organs and meridians to help clear energy stagnations that may be present and have caused your body to be out of balance.





WHAT HAPPENS DURING THE TREATMENT?

Remote Treatment

1. Email me (one80turn@comcast.net) for an *Intake Form* and *Consent Form* or download both from my website (www.one80turn.com). Complete both and return to me by email or mail (see address below).
2. Ensure your investment (\$) is received by me prior to your session. Payment should be made to RHONDA BRADLEY and mailed to:

Rhonda Bradley
One 80 Turn, LLC
4636 Lebanon Pike, PMB #251
Hermitage, TN 37076-1316

3. On the day of your session, I will call you 15 minutes prior to the start of your session time (i.e. if your session starts at 6pm I will call you at 5:45pm).
4. We will review your intake form.
5. You will lie down in a quiet and comfortable place in your home where you can be uninterrupted for 30 – 60 minutes.
6. I will administer the *Qigong Treatment* to help move energy in your body and create a healing environment. You may see colors, feel a tingling sensation, feel warmth or simply fall asleep. These are all typical and each session is unique to the individual.
7. You will leave your phone or cell phone near you in the event I need to ask a question or you need to speak to me.
8. I will call you when I am complete and provide you an assessment of the session and, if necessary, give you any homework instructions.
9. Once we are complete, you will relax for a few minutes before continuing with any daily activity.

WHAT IS MY INVESTMENT?

One (1) Session: \$30

Two (2) Sessions: \$55

Three (3) Sessions: \$80



Sessions are currently scheduled Monday through Thursday from 6pm to 9pm Central.

If you schedule more than one session, a two (2) week duration is recommended between sessions.

If you schedule an appointment, but need to cancel, please try to notify me at least 24 hours in advance.



HAVE ADDITIONAL QUESTIONS?



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