

# Can You See the Colors of Your Organs Can you Hear Them Sing?

*We are excited to present life-nurturing information and  
new personal practices for healing and rejuvenation.*

**In this workshop, you'll learn ways to detoxify and replenish your vital energies. You'll practice Qigong movements and meditation, utilizing Chinese Wuxing (Five Elements), giving you wonderful ways for improving and maintaining your health!**

**Sunday, May 20, 2007 1:00 – 5:00 pm**

[Capital Hilton](#)

1001 16th Street NW  
Washington, DC 20036  
Tel: 1-202-393-1000  
Fax: 1-202-639-5784

[Directions](#) (Metro Accessible, Hotel Parking Available)

\*\*Near Farragut West and Farragut North Metro stops. Street Parking available and Public Parking nearby.

**Fee:** \$45 (by May 10) or \$55 at the door (please arrive by 12:30)

## **Registration and Contact Information**

**Please make your checks payable to: NIGH USA** and mail to NIGH USA, 901 S. Randolph Street, Arlington, VA 22204. Credit cards are also accepted.

Contact: **Eleanor Kibrick** at (703) 785-0831 or [eleankibrick@comcast.net](mailto:eleankibrick@comcast.net).

## **Featuring**

**Dr. Y.L. Ni** is a Traditional Chinese physician, acupuncturist and herbalist. Her record of healing serious and even “terminal illness” in many patients has earned her the love and respect of her patients as well as recognition from leaders in integrative medicine. Dr. Ni will explain how the Five Elements are related to the 5 vital organs’ health, how each organ’s energy pattern and onset of symptoms would vary by seasons. And above all, she will illustrate how maintaining the connection to nature’s elements is vital to our entire well-being.

**Mr. Shawn Cartwright** is a certified instructor in Chinese Martial Arts, Chi Kung and Tai Chi. His many years of intensive training includes Chi Kung, Tai Chi, Hsing-I, Pa Kua, Wing Chun and Fukien White Crane. Mr. Cartwright will lead you through various Qigong movements to promote optimal Qi circulation.

**Dr. Yinong Chong** is a certified Qigong instructor. She has trained with several prominent TCM doctors and Taoist teachers from China. She has translated for or chaired Qigong sessions at the Whole Person Healing conference, SUNY’s Healing Arts Seminar at Stony Brook, and the University of Arizona’s Integrative Medicine monthly seminar. She will lead the Five Element meditation and 6 Healing Sound practice.

## **Sponsored by**

**Traditional Chinese Medicine Center (TCMC), Traditional Chinese Culture Institute International (TCCII), Nightingale Initiative for Global Health (NIGH)** The mission of the **Nightingale Initiative for Global Health (NIGH)** is to inform and empower nurses and other health care workers and concerned citizens to become ‘21st Century Nightingales’ — working in the local, national and global community to build a healthy world. [www.nightingaledeclaration.net](http://www.nightingaledeclaration.net).