**201 - Free Your Qi**

***Intention? (What is for)***

Assisting anyone to WAKE UP their own body

***What is covered?***\*1 - Lymph moves,

\*2 - Stuck Liver Qi Release (on self)

3 - Cupping cold out of navel,

4 - moxa use,

\*5 - sacral wakeups

***Time required***

Not long – the \* can be done on self, thou all are better using someone else’s body (not always possible).

***Pre requisites***

None needed

***Who is it for?***

Anyone – but perfect for ANY touching therapist as it goes in what is blocking Qi well.

***Online component (resources provided)***

If part 3 and 4 – need a glass cup (large) and moxa

***Actual face to face***

Not needed, but ideal – to feel/show exactly

***Post course support (online)***

Q and A

***Outcome (What you will be able to do)***

Get the QI to move .and pull out cold, rebuild Yang QI

**\*201 - *Free Your Qi –*** SELF first - we cover the 5 signature steps of Gentling – on ourselves.

(**TURQUISE** is module)

(**PURPLE** is courses)

(**PINK** is eBooks)

**Entirely online** - has also SELF PACED COURSES: ***Foundational Moves*** and ***Reset Your Metabolism* (eBooks –*Topical Iodine, Different Moxa Usage, Perineal Steaming*** and ***Cold Damages Your Health)*** plus ***Love Your Body Better.*** (12 eBooks as part of – including ***Helping Yourself To Health and Vitality, Cold is Not A Mother’s Friend, Liberate Your Butt, Life Support,*** and ***Detoxing.***