

Daisy's May in MetroDC Workshops Explained

Radiant Lotus Women's Qigong, Level One

The Radiant Lotus Women's Qigong addresses the uniqueness of each woman and offers options for releasing old energy patterns in the body while invigorating the body's natural immunity. Emotional health is addressed as much as the physiology of a woman. The response has been incredibly positive in terms of how many women are integrating RLWQ into their lives, and receiving positive results.

The program is especially helpful for women who are undergoing difficult changes in their health, whether due to challenging cycles or hormonal issues that cause menopause symptoms...although these conditions by no means define the full breadth of RLWQ.



Radiant Lotus Women's Qigong, Level Two

This is the Full Lotus Rises form for women that I taught in the instructor training in Costa Rica this winter. Whereas Level One is based on Medical Qigong that treated health conditions unique to women's bodies, emotions and psyche, this beautiful, flowing form reveals the multi-faceted radiance of a woman, from her resilient strength to her playful sensuality and indomitable spirit. The feedback on this form has been overwhelmingly positive: every woman who has learned it wants to share it as it makes them feel so good, but has also brought about a deeper level of self-awareness, gracefulness and commitment to personal growth and expansion. For students, the Full Lotus Rises form has come to symbolize the gentle yet persistent, steady strength within that allows them to rise through the muddy challenges of life while moving towards a more enlightened and empowered existence.

Five Animal Frolics Short Form

Daisy is the 59th generation lineage holder of Hua Tuo's original 5 Animal Frolics Qigong from Bo Zhou, China. This practice, taught to her by lineage holder, Master Wang Sun Hua, is the beginner's form that includes the Tiger, Deer, Bear, Monkey and Crane. Considered a classic in Chinese Health Qigong, the 5 Animal Frolics was created by China's famed physician, Hua Tuo, as he observed the habits and strengths of these powerful and graceful animals and how their movements created vibrant health and harmonious balance within.

Thai Fon Jeong (Classical Thai Qigong Form)

Fon Jeong is a classic Thai form of Qigong passed down to Daisy from her teacher, Master Anand Layraman. Daisy goes to Thailand each year to learn from her teacher and to co-lead Qigong study trips to Chiang Mai. This fun and beautiful form is done to steady, rhythmic Thai music and is a moving meditation that combines subtle martial arts and Qigong. To see the form, go to [youtube.com](https://www.youtube.com) and enter "Lanna Fon Jeong Health Care System."

