



# HeartMind Bodywork

Thursday-Sunday,  
**May 13-16, 2010**

9am-6pm  
30 hour Workshop  
in Nevada City, CA

**Early Registration Special:**  
\$495 by April 29th,  
\$550 thereafter

please direct all inquiries to:

**Matthew Sweigart**  
**530-870-3482**

**heartmind.shiatsu@gmail.com**

HeartMind Productions  
P.O. Box 2595

Nevada City, CA 95959

[www.heartmindbodywork.com](http://www.heartmindbodywork.com)



AOBTA approved seminars meet the requirements from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) for Professional Development Activities. Provider #ACHB 050-000.

AOBTA is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider #34234-00

# HeartMind Qi Yoga Bodywork 101

*Meridian Energetics and Movement Fundamentals*

an AOBTA® approved Seminar

with **Matthew Sweigart, AOBTA® Certified Instructor**



- **Learn healing touch to share with loved ones.**
- **Enhance your massage or yoga practice.**
- **Build a rewarding new career.**

HeartMind Qi Yoga Bodywork 101 teaches you the yin/yang meridian energetics of Chinese medicine through fundamental qi movement and contact exercises. The class meets the learning needs of the beginner as well as the continuing education needs of the healing arts professional. This is the first level in the 300 hour HeartMind Qi Yoga Bodywork training program. Combining the personal fitness benefits of Qigong, Yoga and Zen Shiatsu, HeartMind Qi Yoga Bodywork helps you to release the healing potential of Qi (chee) energy throughout your entire body, heartmind and spirit.

- **HeartMind Bodywork Healing Touch Method**
- **Traditional Acu-Point Theory**
- **Qigong and Yoga Cultivation**
- **30 CEU's for Professionals!**

**Matthew Sweigart**, Certified Instructor and Director of Education with the American Organization for Bodywork Therapies of Asia® has been practicing holistic bodywork since 1987. He developed Qi Yoga Bodywork from his experience in Zen Shiatsu, Qigong, Chinese Medicine, Yoga, Meditation, Native American Shamanism and Personal Growth.



[www.heartmindbodywork.com](http://www.heartmindbodywork.com)



HeartMind  
Bodywork

## Registration Information

**HeartMind Qi Yoga Bodywork 101**  
Thu-Sun, May 13-16, 9am-6pm

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_  
Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_ date \_\_\_\_\_  
Professional License # and affiliation for CEU credit \_\_\_\_\_

**Tuition (check one):**

\_\_\_ by Apr 29: \$495 .....  
\_\_\_ after Apr 29: \$550 .....  
Total Enclosed.....  
Balance Due (if any).....

**Payment method:** Cash/MO \_\_\_ Check \_\_\_ Charge \_\_\_  
VISA/MC \_\_\_\_\_  
Exp: \_\_\_/\_\_\_/\_\_\_ Sec. Code \_\_\_\_\_  
Name on card: \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

You may also pay by credit card online at  
<http://www.heartmindbodywork/calendar>  
Workshop location information given upon  
receipt of registration. Payment plans available,  
please inquire for eligibility.

**Payment Policy:**

Include cash, money order, check or charge made payable to HeartMind Productions, along with this completed form and send to Mathew Sweigart, at address found below. A 60% deposit holds your place in the class and qualifies you for early fees when postmarked by April 29th, any balance due is payable on the first day of class. Withdrawal / refund policy: Withdrawal one week prior to the start of the course entitles student to a full refund less \$100 fee, less than one week in advance no refund, but you may send someone in your place, after the start of class no refunds will be given.

I have read and agree to the payment policies signed \_\_\_\_\_ date \_\_\_\_\_

**Recommended Books and Materials:** (all books available at [HeartMindBodywork.com](http://HeartMindBodywork.com), or through the Bodywork Bistro)

**Touching Ki**, Sweigart

**HeartMind Shiatsu Meridian Gestures and Functions Chart**, Sweigart

**The Healing Promise of Qi**, Jahnke

Things to Bring: loose, comfortable clothing, yoga mat, notebook and pen.

**Send this completed registration form and payment to:**

**Mathew Sweigart**

**HeartMind Productions**

P.O. Box 2595, Nevada City, CA 95959

phone: 530-870-3482

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