

Pacific Healing Arts Newsletter

Acupuncture - Herbal Medicine - Massage Therapy
Nutrition - Qi Gong - Tai Chi - Yoga

Classes

Qi Gong - Stretch & Flow
Monday 5:30-6:30pm
Five Branches - Santa Cruz, CA

Yoga -
Tuesday 12:00 - 1:00pm
Los Gatos Athletic Club
(\$12 drop-in fee)

Events

Book Signing & Talk - "7 Minutes of Magic"
June 1st (5pm - 8pm)
Pacific Healing Arts
Gateways Books - Santa Cruz
May 31st (7pm-9pm)

The Magic of Qi Gong Workshop
Five Branches - Santa Cruz
June 30th - July 1st (9am-5pm) both days

Budda Palm: Qi Gong for Healers
Five Branches - Santa Cruz
August 25th - 26th (9am-5pm) both days

What's New

7 Minutes of Magic "The Ultimate Energy Workout"
Author Lee Holden - Available for Purchase May 10th

8 New condition specific Qi Gong DVD's
Out in Late May 2007



Lee Holden L.A.c

Lee is a licensed acupuncturist and herbalist in the state of California and founder of Pacific Healing Arts. He received his B.A. in Psychology from UC Berkley and a Master's degree in Chinese Medicine from Five Branches Institute in Santa Cruz, California.

Lee is the creator of numerous condition specific DVD's on the ancient practice of Qi Gong - these titles have been shown on PBS and American Television as a part of their pledge drive. He is an author of a new book, "7 Minutes of Magic" The Ultimate Energy Workout, coming out in 2007.

He has been on staff with Mantak Chia and Deepak Chopra, facilitating seminars, writing books, and teaching. He teaches workshops and classes throughout the United States, Europe and Asia. Lee is based in Northern California where he practices Chinese Medicine, Meditation Tai Chi, Qi Gong and Yoga.

www.pacifichealingarts.com

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