



Mary Zelmer has studied and practiced Qigong for over 20 years and is recognized as a Qigong Master Healer and teacher. She works with and supports individual clients and groups. Mary earned her B.S. in Community Education at Minnesota State-Mankato, and she has created and leads a community-based non-profit organization known as the Qigong Connection, which assists people in broadening their knowledge and practice of Qigong. The Qigong Connection also promotes individual and community healing. Mary has led numerous large group healing meditations and retreats, organized conferences, created educational programs, and laid intentional groundwork for healing communities and organizations, both locally and internationally. Mary has also been a guest healer/speaker at workshops, conferences, colleges, and high schools. She assists clients on their unique path to wellness. Her passion is to bring awareness to the healing power that arises from the energetic connection between the heart and nature.

Qigong is one of the four cornerstones of Eastern medicine: "Qi," meaning energy, and "gong" meaning to work with, transform, or master. Qigong supports the theory that a powerful energy system exists in the body and that energy (Qi) flows through known energy pathways. The pathways are referred to as channels or meridians. The Qi system is as efficient as other organ systems and is also interconnected to all life. If the flow of Qi is disrupted or blocked by emotional distress, environmental exposures, or any number of factors, a person becomes susceptible to disease. When this flow of energy is rebalanced, emotional, spiritual, and physical health is restored. Qigong is also known as needleless acupuncture.

As a Qigong Practitioner, Mary will work with your energy systems or meridians by energetically removing any blockages. Then she will work with your energy, redirecting or balancing the energy to flow through your mind, body, and spirit, grounding you and connecting you back to your natural path to wellness. Her approach is holistic, highly individualized, patient-centered, participatory, spiritual, and empowering.

PHONE SESSIONS FOR PEOPLE AND ANIMALS

- 60-minute Qigong Energy Session. \$99.00
- 30-minute Qigong Energy Session. \$50.00
- Package of five 60-minute sessions, scheduled twice a month
- Package of five 60-minute sessions scheduled once a month

Please contact Mary by calling **952-215-2027** or email Mary at mzelmer333@gmail.com

"When you see a new trail,
or a footprint you do not know,
follow it to the point of knowing."

- Uncheedah