



[www.innerspiritualcenter.org](http://www.innerspiritualcenter.org) [info@innerspiritualcenter.org](mailto:info@innerspiritualcenter.org)

333 Route 46 West Fairfield, NJ 07004 - Building A, Suite # 255 (Fairfield Business Center)

## **INNER SPIRITUAL CENTER WELCOMES**

**Tim Arculli**

### **OLS Qigong & Healing 3 Hour Workshop**



**Saturday, April 15<sup>th</sup> 1:00pm-4:00 pm (EST)**

**IN PERSON ONLY**

**\$80.00 pre-registration via [www.innerspiritualcenter.org](http://www.innerspiritualcenter.org)**

**Pre-registration ends April 14<sup>th</sup> at 6 pm**

**Come and join in this wonderful learning opportunity as Tim shares his knowledge about the ancient practice of Qigong (literally translated as energy work), Energy Healing, and the Outer Limits System.**

**Here is what Tim would like to share and cover in this 3-hour workshop:**

- I would like everyone to leave feeling empowered, expanded, and more confident in their abilities.
- I will be sharing quick and easy ways to still the mind and body to help set conditions to be able to better tune in. The importance of setting these conditions and ways to accomplish them will be a running theme throughout the workshop.
- We will work on releasing tension and creating space so the body can better act as an antenna as well as allow energy flow to heal the body will be key points.
- I will also assist attendees to better discover their own energy and know how powerful they are. Through a series of energy exercises, they will be able to experience the energetic effects of creating those conditions and how it affects them and their partner.
- Fun ways to learn about protecting and disengaging from energies that could be beneficial will also be shared.
- Simple movement exercises to build energy and self-heal will also be part of the experience.
- Throughout the workshop I invite any questions from any attendees to make this as interactive of an experience that will be tailored to your group that day. If time permits, there will be a Q&A.

My goal is for everyone to have fun and leave with some new tools to assist in their journey. Tools that are quick and easy so they can practice on the go and will be able to be incorporated into a modern-day busy lifestyle. I hope that everyone leaves more confident in their powers and abilities as an energetic being.

**BIO:** Tim Arculli began practicing the ancient healing practice of Qigong almost 15 years ago. He started teaching friends and family but found that they often didn't have the time to practice regularly. To make Qigong more accessible, Tim developed his own system (Outer Limits System) that focuses on the most efficient, effective, and simple techniques that can incorporate into any lifestyle. Tim has trained with several teachers in the US and Hong Kong and holds many certifications in Qigong and Reiki. He is dedicated to sharing his knowledge and helping others improve their health, energy practice, and well-being in a fun way.