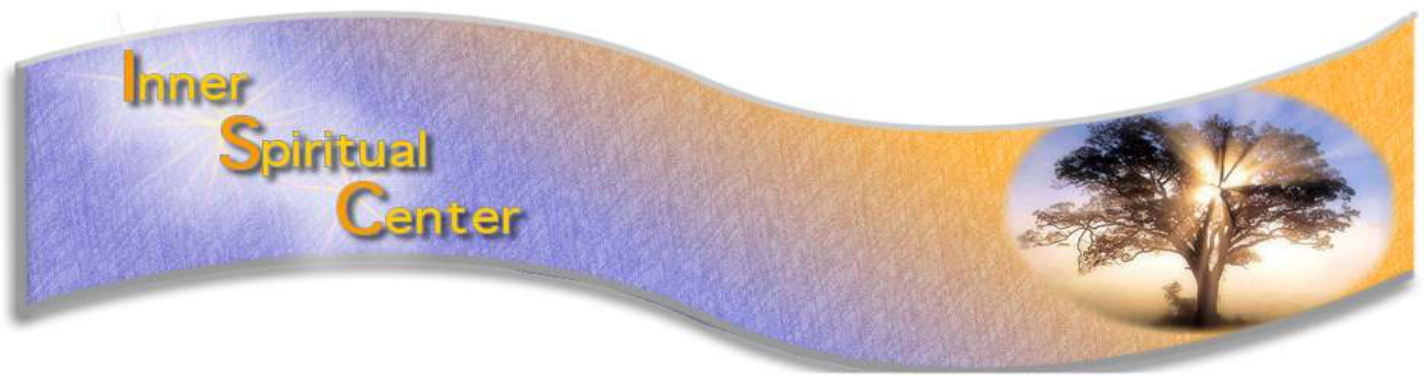




www.innerspiritualcenter.org / info@innerspiritualcenter.org

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



INNER SPIRITUAL CENTER IS PROUD TO PRESENT

2026 Course - The Secrets of Energy Simplified:
Discover, Explore, Heal & Empower through Qigong

(Offered in person or via Zoom)

APRIL 2026 – NOVEMBER 2026 (Dates and registration info on back)

For returning students: You will continue the ongoing exploration of energy that you began in your 1st year. The depth of your understanding and your work continues to grow.

For new students: We will begin to unlock the Secrets of Energy in this engaging, dynamic, and transformative course. Whether you are a beginner ready to explore advanced energy techniques or an experienced practitioner seeking to elevate your practice, this course offers the perfect blend of simplicity and profound depth. Gain exclusive access to proven, life-changing tools for energy transformation and healing that you won't find anywhere else. The Outer Limits System (OLS) simplifies advanced concepts, making them easy to understand and apply, allowing you to quickly deepen your knowledge and accelerate your mastery of energy practices. You will walk away with powerful, easy-to-learn techniques for healing, stress relief, and creating a more joyful, balanced life. Discover how to use energy to bring peace, empowerment, and lasting transformation into every aspect of your life.

- **Reframe Healing Time:** Challenge conventional beliefs about how long it takes to heal or improve your mood —it's faster than you may think!
- **Calibrate Your Sensitivity to Energy:** Sharpen your ability to feel and tune into subtle energies with ease. Gain the ability to turn the "volume" up or down.
- **Calm Your Mind in an Instant:** Discover simple, proven techniques to rapidly calm anxiety, clear mental clutter, and restore peace of mind.
- **Release Stress & Neutralize Negative Energy:** Gain the ability to dissolve stress, tension, and neutralize the impact of negative events or emotions.
- **Harness the Power of Chi:** Learn to cultivate and direct your internal energy for healing, vitality, and empowerment.
- **Cultivate & Amplify Your Energy:** Uncover the secrets to generating abundant energy within, boosting your strength, balance, mood, and overall well-being, while empowering yourself to
- **Live with greater confidence** that you can quickly make noticeable changes.

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- **Energy Healing Made Simple:** Acquire simple and effective techniques to assist with healing yourself and others, both in-person and remotely.
- **Fun Flows:** Immerse yourself in gentle, flowing movements that cultivate, and activate your energy, while expanding your understanding and mastery of Chi for greater understanding and inner harmony.
- **Dynamic Understanding of Energy Movement:** Gain a deeper understanding of how energy moves and flows within you and your environment and how to work with it.
- **Integrate Energy Practices into Daily Life:** Learn how to incorporate these tools and concepts into your everyday routine for ongoing empowerment.
- **Connect with a Like-Minded Community:** Share, grow, and learn alongside others in a supportive community that is committed to healing, empowerment, and personal growth.
- **Explore with Curiosity:** Experience the fun, curiosity, and wonder of exploring energy and transformation.

This course is offered both in-person and virtually (via Zoom), ensuring accessibility and flexibility for all participants. Whether you're seeking expanded healing, empowerment, or a deeper understanding of energy, you'll walk away with transformative tools and insights that will stay with you for life.

Dates and Times (Eastern Time):

April 9 th	6:30pm - 9:00pm
May 15 th	6:30pm - 9:00pm
June 13 th	10:00am - 2:00pm
July 9 th	6:30pm - 9:00pm
August 6 th	6:30pm - 9:00pm
September 24 th	6:30pm - 9:00pm
October 17 th	10:00am - 4:30pm
November 12 th	6:30pm - 9:00pm

Cost:

Early bird special - register by February 2nd - \$790.00

Registration after February 2nd - \$825.00

Registration ends on April 2, 2026

Register on the ISC website: www.innerspiritualcenter.org
Please make sure to indicate if you will be taking this course
in person (at the center) or via Zoom.



BIO: Tim Arculli began practicing the ancient healing practice of Qigong in 2009. 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 be incorporated 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.