



In my over 30 years of study and practice, as an Oriental medicine practitioner, in meditation and Qigong from teachers of various traditions ~ non-sectarian Kashmir Shaivism, Buddhism, Shamanism, Taoism, etc, ~ it all boils down to one thing, i.e. how to manage day-to-day stress to maintain holistic health and well-being by being spiritually awakened ~ through breathing, meditation and Qigong that mainly cultivate the three treasures Jing, Qi and Shen.

I founded Vancouver Qigong Mastery (*Inner Way*) to share the ancient breathing, meditation and Qigong practices because I have sincerely been spiritually awakened, and have benefited from their daily practice in managing stress which is the main cause of disease.

If you are interested to learn the breathing, meditation and Qigong practices of Vancouver Qigong Mastery individually or in a group setting, please email me at vancouver@qigongmastery.ca or call 604-987-1797 for appointment. Thank you for your interest!

Namaste!

Ricardo B Serrano, R.Ac.
Vancouver Qigong Mastery
<http://www.qigongmastery.ca>

