

# QIGONG OF INFINITE LOVE

by *Master Marilyn Cooper*

*A workshop based on the most ancient Chinese system of movement and meditation for stimulating positive energy and healing the mind and body.*



**Sunday, February 14th**  
**1:30-3:30pm**



**\$35 members (\$60 couple)\*/\$45 non-member (\$80 couple)\***

Come alone or bring a friend (any gender) for relaxing movements with coordinated breathing and light, non-invasive touching. The positive energy flow within each of our own minds and bodies will be exponentially expanded by connecting to the universal life-force ~ solo, partnered, and then with the entire group as a gentle, moving whole.



*Master Cooper has been training and teaching over 40 years. She has trained under top Chinese Masters, Masters Kuo Lien Ying and Peter Kwok.*

**\*Pre-registration required by Tuesday, February 9th.** Additional \$10 after 2/9/10. Contact Katy Yong, Director of Fitness & Club Events, at 510-549-8512 or [kyong@claremontresort.com](mailto:kyong@claremontresort.com)

Valentine's dinner in Meritage with romantic live piano music. In addition, a special Valentine's Vineyard to Table prix fixe menu will be offered at \$85 per person; \$115 per person with wine pairings. Available Friday, 2/12 through Sunday, 2/14. 5:30-10pm. Or join us for a special Valentine's Day brunch on Sunday, 2/14. \$56 per person. 10am-1:30pm Paragon Bar & Café: Tune up the Romance in Paragon with a special menu and live jazz on 2/14. \$65 per person. 4:30-10pm

Club members will receive 20% discount on overnight accommodations. Advanced reservations required.

**"Be My Valentine" Package** available Friday, February 12th through Sunday, February 14th. Indulge in a special Valentine's Vineyard to Table dinner with wine pairings for two in Meritage. Then cap it off with a chocolate amenity in your guestroom. Awaken late the next morning for breakfast in bed for two and a late check-out of 2pm. Includes tax, parking and facilities charge. Rates starting at \$495. Call 800-551-7166.