



CHI -eNews

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Dillberg Integrated Health



Putting Posture 1st! Dustin Dillberg is one of four special guest speakers presenting at CHI Camp Hawaii in Honolulu April 15th-18th, 2010. With Dustin's knowledge of the Egoscue Method and integrative medicine he will dive into the importance of Posture and reinforce your understanding of how the position of your body affects Health! Learn how the diaphragm works to correct posture for sports performance and how alignment prevents chronic pain and injury.

Click YouTube link > [Dustin Dillberg](#) Click Website link > www.DillbergHealth.com

2010 Winter Olympics

Click Website link > www.Vancouver2010.com

The 2010 Winter Olympics which include 82 National Olympic Committee entered teams are currently being held in Vancouver Mainland and the resort town of Whistler. Cayman Islands, Colombia, Ghana, Montenegro, Pakistan, Peru and Serbia are all making their winter Olympic debuts.

The Games are the third Olympics hosted by Canada, and the first by the province of beautiful British Columbia. Previously, Canada was home to the 1976 Summer Olympics in Montreal, Quebec and the 1988 Winter Olympics in Calgary, Alberta. In Vancouver we call BC SuperNatural!

The 2010 Winter Olympics include fifteen winter sports events. The eight sports categorized as ice sports are: bobsled, luge, skeleton, ice hockey, figure skating, speed skating, short track speed skating and curling. The three sports categorized as alpine skiing and snowboarding events are: alpine, freestyle and snowboarding. The four sports categorized as Nordic events are: biathlon, cross country skiing, ski jumping and Nordic combined. Is the object of sport to WIN or have fun?

In addition to protecting the interests of athletes and sport in general, the International Olympic Committee (IOC) actively contributes to a search for peaceful and diplomatic solutions to conflicts that exist around the world.

Through the International **Olympic Truce** Foundation, the IOC aims to encourage political leaders organize conferences on young people for the ideals, develop initiatives specializing in the field of Nations and develop programs to encourage



to act in favor of peace, sport and peace, mobilize promotion of the Olympic with other organizations peace, including the United educational and research peace and the Olympic Truce.



Audio Excerpt SNU V7N11 (part 3)

Click Audio link > [Charlie Fox](#)
then click [Download Preview](#)



Click YouTube link > [Chi SN Principle No.2 – The Art](#)

Click Website link > [CHI Camp Hawaii April 15th-18th, 2010](#)

Click Article link > [Do You Look Like You Train?](#)

CSNA Graduate Quote

“Life presents ‘learning opportunities’ that are often disguised as physical, mental or emotional pain. It is up to each of us how we chose to embrace these opportunities so that we can learn and grow from them.”

~ Denice Tomada CSNA – Surrey, BC Canada



As always...stay well and live free!

Go Big Go Strong Go [CoryHolly.com](#)

Waikiki Beach Sunset Oahu HI

Click YouTube link > [Music of Hawaii](#)

Click Audio link > [He-Said She-Said Jan 2010](#)