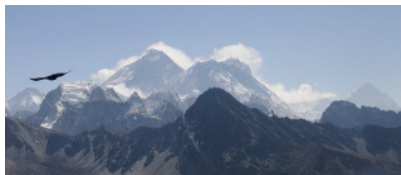


Acupressure Institute Prayer Flag to be Carried to the Foot of Mt Everest

May 2010



Hello, my name is Kathy Kapps. I am a graduate of, and an instructor at the Acupressure Institute. I have an amazing, rewarding and meaningful career (25+ years!) doing Zen Shiatsu because of the Acupressure Institute and its wonderful instructors. No matter how often I visit the Acupressure Institute I always leave the school feeling grateful, energized, fulfilled and loved. I know that many of you have also received the same blessings *because* of the Acupressure Institute.

It is in this spirit of appreciation that I hope you will join me in carrying blessings to the base of Mt Everest. Blessings for continued success in the healing arts for all the students, teachers and staff of the Acupressure Institute. For the past few years I have taken duffle bags of medical supplies to the hospitals in the Khumbu region of Mt. Everest. While on these journeys I have gone up to the Khumbu Icefall and placed Prayer Flags on behalf of friends, loved ones, and organizations that promote healing. This year along with the medical supplies, I will be taking a Prayer Flag to bless the Acupressure Institute.

Please become a part of the **Acupressure Institute Prayer Flag to be placed at the foot of Mt Everest in May 2010***. The flag will be carried to Mt Everest and placed at the base of the Khumbu Icefall (17,598 ft) in honor of the Acupressure Institute and what it has done for people around the world.

*“As You Give You Shall Receive”
With Every Wind that Blows, the Prayers Keep Being Said. . .*

Many feel they have experienced blessings and even miracles because of the prayer flags there. I know this to be true and that is why I do it. It is my way of saying thank you. It is my way of helping benefit and promote the healing work of the Acupressure Institute. For those that contribute to the AI Prayer Flag I will put their name (and the names of others if they choose) on a prayer flag at the foot of Mt Everest.

If you would like to be part of the Acupressure Institute Prayer Flag Pilgrimage, please write a check to the Acupressure Institute, and mail it along with the attached form to -

Acupressure Institute c/o AI Prayer Flag 1533 Shattuck Ave. Berkeley, CA 94709

Contributions will be directed to AI Feng Shui Improvement Fund.

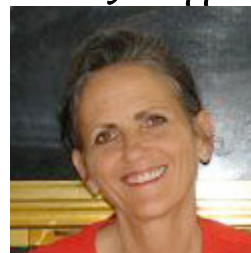
*Contributions need to reach the Acupressure Institute by April 10th, so that names of donors can be written on the flags before I travel. ** Due to the extreme environment, in case the trail is impassable due to dangerous weather conditions or if I am stricken with AMS (acute mountain sickness) the flags will still be hung in the Khumbu region with Mt Everest in sight.

Please be sure to include your name as you would like it to appear on the flag, your email or a mailing address where your photo can be sent (email is easiest) and your telephone number.

Thank you my dear friends, students and colleagues.

Namaste and many blessings....

Kathy Kapps



Acupressure Institute Prayer Flag to be Carried to the Foot of Mt Everest
May 2010

2010 Acupressure Institute Prayer Flag
Pilgrimage to Mt Everest

Contributor Name: _____
(As you would like it to appear on Prayer Flag)

Mailing Address: _____

E-Mail Address: _____

Phone # : _____

Contribution*: _____

Contributions of any amount up to \$100 will get your name on a flag with other donors.
Contributions of \$100 to \$499 will get you a personal flag with your name on it (and the names of up to 6 others if you choose) plus a photo of your flag.
Contributions of \$500 or more will get you a personal flag with your name on it (and the names of up to 6 others if you choose) plus a photo of your flag and a khata blessing scarf from the Everest region.

Contributions will be directed to AI Feng Shui Improvement Fund.

*Contributions need to reach the Acupressure Institute by April 10th, so that names of donors can be written on the flags before I travel. ** Due to the extreme environment, in case the trail is impassable due to dangerous weather conditions or if I am stricken with AMS (acute mountain sickness) the flags will still be hung in the Khumbu region with Mt Everest in sight.

Please make checks or money orders payable to - Acupressure Institute.

Mail to-

Acupressure Institute
c/o AI Prayer Flag
1533 Shattuck Ave.
Berkeley, CA 94709

Thank you for your contribution

