

# DANCING BAMBOO FAN WORKSHOP

The fluidity and graceful elegance of this fan form all suggest a Qigong dance, a carefully orchestrated dance of yin/yang balance and strength. This is at one and the same time an art form and a martial skill. Experience the fan as an instrument to gather and emit Qi, and to enhance the flow of Qi in the body. Learning a fan form adds another dimension to your Qigong practice and process. Suitable for all levels of Qigong players. *Fans will be available for purchase.*

Date and Time: August 10, 2008; 1-4 pm

Location: Pearlstone Conference Center, Reistertown, MD

Instructor: Mary Sturtevant, M. Ed., certified level III advanced Qigong instructor; certified Taiji instructor

Event: 2008 National Qigong Association Conference

For conference information: call Ali at 888-815-1893 or visit [www.nqa.org](http://www.nqa.org)