

SECRETS OF CHINESE ENERGY QIGONG

Fall is the time of harvest, a time of gathering earth's bounties and nurturing our energies in preparation for the yin days of winter. Learn how to fill up your Qi tank to maintain physical health and attitudinal wellness during the shortening hours of daylight. Qigong is all about health and healing, relaxation and letting go, clarity and inner peace. During this workshop, we will explore ways to nourish and nurture our energies through the practice of selected Qigong forms that focus on health, healing and longevity. These forms were imparted by three Chinese Masters of Qigong during a Qigong study tour in September of 2007. The goal of Qigong is to harmonize body, mind and breath through a process of gathering, cleansing and circulating Qi, or vital energy, for increased health and vitality of all body systems. This intention, which underlies all Chinese medicine, is for the Qi to flow smoothly and continuously, creating a state of harmony and balance. *Please wear loose, comfortable clothing and come prepared to exercise your body, mind and spirit!*

Date and Time: September 27, 2008; 1-5 pm

Location: Great Bay Tai Chi and Movement Center, Amesbury, MA

Instructor: Mary Sturtevant, M. Ed., certified level III advanced Qigong instructor, certified Taiji instructor, certified Reiki Master; teacher of Qigong, Reiki and Taiji for over fourteen years.

Tuition: \$75 on or before 9/10/08; \$85 after that date

For information and to register: call 1-866-418-6256