

QIGONG for the HEALTH of it

Fall is the time of harvest, a time of gathering earth's bounties and nurturing 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 these classes, we will explore ways to nourish and nurture energies through the practice of selected Qigong forms that focus on health, healing and longevity. 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.

Please wear loose, comfortable clothing and come prepared to exercise your body, mind and spirit!

Date and Time: Session I -- Thursdays, 5-6 pm on 9/4-11-18-25
Session II -- Wednesdays, 5-6 pm, 10/15-22-29, 11/5

Location: Littleton Regional Hospital, Conference Rooms #1 and #2

Instructor: Mary Sturtevant, M. Ed., certified Qigong and Taiji instructor, certified Reiki Master; teacher of these health and healing forms for over 14 years.

Tuition: \$40, Session I, on or before 8/8/08; \$50 after that date
\$40, Session II, on or before 9/17/08; \$50 after that date

For information/registration:

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OR

Mary Sturtevant, M. Ed.; 603-823-8780;

peace@pathofharmony.com

Class registration form

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Name _____ Date _____

Address _____ Email _____

City _____ State _____ Zip _____ Phone _____

Please make check payable to: Mary Sturtevant and mail to 637 Hadley Rd., Sugar Hill, NH 03586.