

HARVESTING 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. During this workshop, we will explore ways to nourish and nurture our energies through the practice of selected Qigong forms that promote health and healing. 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: October 23, 2010; 10am-4pm

Location: Neskaya Movement Arts Center, Franconia, NH

Instructor: Mary Sturtevant, M. Ed., certified instructor of Qigong, Reiki, and Taiji; teacher of these health and healing modalities for >18 years

Tuition: \$55 on or before September 30, 2010; \$65 after that date.

For information and registration: call 603-823-8780 or email peace@pathofharmony.com

Workshop registration form

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Name _____ Date _____

Address _____ Email _____

City _____ State _____ Zip _____ Phone _____

Please submit one-half of the tuition with your registration; the balance is due the day of the workshop.

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