

# Kathy WORKSHOPS

## YMAA Guest Instructor

# Yang



Photo credit by Barking Rabbit Media, 2016

**Sunday  
Oct. 14**



I: 11 am - 1 pm    Intro. to Qigong  
II: 2 pm - 4 pm    Stress & Pain Management

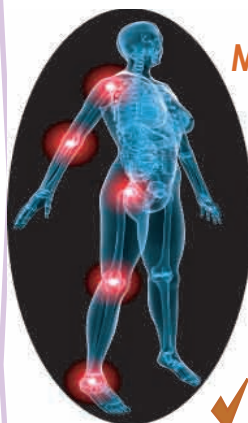
## Intro. to Qigong (Chi Kung)

Qigong is an ancient Chinese meditative exercise which focuses on cultivating the body, mind, breath, and spirit to improve the quality of energy. This workshop will introduce Soft White Crane Qigong which focuses on imitating the spine and torso movements of the crane.

### Some benefits of Qigong:

- ✓ Improved health & well-being
- ✓ Increased energy & stamina
- ✓ Enhanced mental clarity & focus
- ✓ Helps to balance moods that contribute to stress, anxiety & depression
- ✓ Promotes blood circulation for joint problems & chronic pain
- ✓ Clears energy blockages related to emotion & trauma
- ✓ Helps to prevent illnesses & disease.

## Stress & Pain MANAGEMENT



According to Traditional Chinese Medicine, stress and pain are due to blockages in the energy flow.

In this 2-hour workshop, you will learn how to:

- ✓ Massage key acupressure points for relieving stress & pain
- ✓ Loosen tight muscles leading to aches & pains related to stress
- ✓ Eat & sleep better for improved mind/body relaxation
- ✓ Prevent mental & physical aging caused by stress.

### About Kathy Yang:

Ms. Yang began training at the age of six under the guidance of her father, Dr. Yang, Jwing-Ming. A multiple-time U.S. Grand Champion in both internal and external Chinese martial arts, Kathy also holds a M.Sc. in Chinese Medicine and a B.Sc. in Traditional Chinese Medicine and Clinical Exercise Physiology with honors distinction.

She brings a wide range of clinical experience and knowledge working in a Beijing hospital and in neuroscience research at Harvard Medical School and Mass. General Hospital. Additionally, she has taught at the New England School of Acupuncture at MCPHS University. Kathy currently teaches Chinese Medicine workshops and offers personal consultations in various locations around the United States, South America, and Europe. She is an accomplished instructor and member of the YMAA family.

### For Cost & Registration

**20-minute Private Consultations (\$20)**  
with Ms. Yang available on this day.  
For times, contact Diana at 978.475.2020

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