

A great preparation for the April workshops with Dr. Yang

Introductory Workshops

with YMAA Guest Instructor

Kathy Yang

Workshop One:

8 Simple Qigong Exercises

aka 8 Pieces of Brocade



Photo credit by Barking Rabbit Media

Introduction to activating Qi (Chi) to ...

- ☑ increase blood circulation in your body
- ☑ stimulate your immune system
- ☑ strengthen your internal organs
- ☑ generate abundant energy.

A "brocade" is a shining & beautiful cloth. When you practice these easy-to-learn, effective exercises regularly & correctly, it is just as if you have added a shining & beautiful life force to your body. Theory will be introduced as well as the the standing & sitting qigong

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.

20-minute Private Consultations with Ms. Yang are available on this day. (\$25/session.)
For details, contact Diana at 978.475.2020

Workshop Two:

Intro. to Taiji Ball Qigong

Introduction to ...

- ☑ Martial Arts Grand Circulation
- ☑ Vertical Circling for Spine
- ☑ Horizontal Circling for Guardian Qi
- ☑ Stationary & Rocking Qigong.

The practice of Taiji Ball Qigong helps to improve your sensitivity to energy & movement while conditioning & toning the body. Bring a soccer-sized ball. Wooden Taiji Balls are available for sale.

Experience and membership not required!

When: Saturday, Mar. 9

I: 8 Simple Qigong Exercises, 10:30a - 12:30 p

II: Intro. to Taiji Ball Qigong, 1:30 - 3:30 p

YangsAndover.com for online registration.

These workshops will be a great introduction/prelude to Dr. Yang and Ms. Kathy Yang's upcoming 8 Simple Qigong Exercises and Taiji Ball Qigong weekend workshops on April 6 and 7.

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