Medical Qigong

Gentle exercises for the body, mind & spirit.

taught by Dr. Yang Jwing-Ming with Kathy Yang

Medical Qigong is a gentle type of exercise used to treat specific ailments and symptoms of disease.

This course will include specialized Qigong (Chi Kung) exercises for the following conditions:

- Low immune system
- High blood pressure
- Lower back pain
- Knee and hip discomfort
- Breast cancer prevention & rehabilitation
- Prostate cancer prevention & rehabilitation.

This weekend workshop will be approximately 40% lecture and 60% practice.

ONE WEEKEND (12 hours total)

April 1 & 2, ’17

Sat.: 10a - 1p, (lunch break) 3 -6p
Sun.: 9a -12p, (lunch break) 2 -5p

Pre-register to secure your spot!
Spaces are limited.
No experience or membership required.

Registration info on other side.

Other 3-hour workshops with Dr. Yang:
- Tai Chi Ball Qigong - Deepen your tai chi training
- Pushing Hands - Understanding listening jin

See separate flyer or call for details!

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