



Dr. Yang's Fall '17 Visit to Andover

TWO 6-hour Workshops with
Dr. Yang Jwing-Ming
and Ms. Kathy Yang

Register for ONE or BOTH workshops!



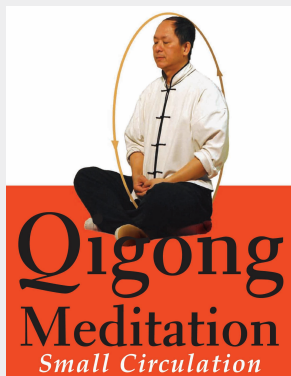
Saturday Workshop

Qigong Meditation

aka Small Circulation

Learn ...

- how to build & store Qi in the lower dan tian
- how to circulate the Qi in the conception & governing vessels.



Small Circulation, or the Micro-cosmic Orbit, is the practice of circulating energy (Qi) within the human body through the two main pathways, or "vessels" of the body. This practice is considered to be the foundation of Internal Elixir Qigong, and was a fundamental step on the path of meditation training in ancient times.

Over the centuries, this practice has slowly been lost from many meditation traditions, and its importance has been forgotten.

Small Circulation regulates the Qi circulating in the Twelve Primary Qi channels, making it abundant throughout the entire body, which has been known for centuries for promoting health and longevity.

Saturday, Sept. 30

6 hour workshop
10a-1p, (lunch) 3-6p

Bring a couch cushion or pillow to sit on.



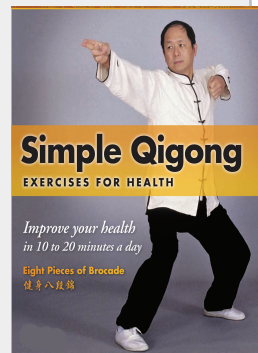
Sunday Workshop

8 Simple Qigong Exercises

aka 8 Pieces of Brocade

Learn how to activate Qi to ...

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



This medical Qigong set was created by Marshal Yue, Fei for improving his soldiers' health and dates back to the Chinese Southern Song Dynasty, nearly one thousand years ago.

The set is called "brocade" which is a shining and beautiful cloth. When you practice these easy-to-learn, effective exercises regularly and correctly, it is just as if you have added a shining and beautiful life force to your body.

Theory will be discussed and the standing and sitting qigong exercises will be performed.

Sunday, Oct. 1

6 hour workshop
9a-Noon, (lunch) 2-5p

Bring a couch cushion or pillow for the sitting set.

Register online or see PDF registration form

For info about Dr. Yang, visit
www.YangsAndover.com



To schedule a 20-minute private
**Traditional Chinese
Medicine Consult**
with Kathy Yang

On Saturday or Sunday
email Diana at YangsAndover@aol.com

