

Intro. to Qigong

(Chi Kung)

No
Experience
or
Membership
Required!

Some benefits of Qigong:

- ✓ Improves health & well-being
- ✓ Increases energy & stamina
- ✓ Enhances 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.

with
YMAA Guest Instructor

Kathy Yang



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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.

What is Qigong?

Qigong is an ancient Chinese meditative exercise which focuses on cultivating the body, mind, breath, and spirit to improve the quality of energy. The gentle exercises are highly complementary to practices of Tai Chi, Meditation, Yoga, Acupuncture, Energetic Healing and Martial Arts.

When:

Sunday, August 13
11 am - 1 pm

For Cost & Registration

15-minute Private Consultations with Ms. Yang are available on both dates
For details, contact Diana at 978.475.2020

www.YangsAndover.com
5 Dundee Park ~ Andover, MA 01810
978.475.2020



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