

# QIGONG Workshops

Instructor: Paul Blake



## Benefits of Qigong:

- Helps prevent injuries to joints, ligaments & bones
- Strengthens organs and nervous system
- Speeds recovery time from injuries
- Eases stress & balances emotions.

**Qigong** (Chi Kung, pronounced chee-kung), is an ancient Chinese health system of healing and energy medicine. Qigong is a system practiced for health maintenance, healing and increasing vitality. It is the art and science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen and circulate Qi.

Loosely translated Qi (chee) means life force or vital energy that flows through all things in the universe. Gong (gung) means work, accomplishment or skill that is cultivated through steady practice. When we combine the two, in essence, Qigong means working with energy or cultivating energy with continued practice.

## Two Special Qigong offerings for Fall Tuesdays, 7:45 - 9:00 PM

Prior experience is NOT required.

### 1. Basic (Intro. to) Qigong **Sept. 17 thru Oct. 8, '19** (4 wks.)

Qigong is a practice of understanding and working with your body's energetic system. This class will explore simple exercises to help you create a proper physical and mental foundation for a fulfilling Qigong journey.

### 2. Taiji/Qigong Ball **Oct. 29 thru Nov. 19, '19** (4 wks.)

Tai Chi Ball (Taiji Qiu) training used to be common practice in both external and internal martial arts. With continued practice, your physical body will become stronger and more flexible, which relieves many health issues, especially back pain. In addition, your energetic circulation will improve, giving you more energy. Ultimately, your higher goal is to feel the energy between the palms through the ball. Bring a soccer sized ball or wooden Tai Chi Balls are available for sale. See front desk for assistance.



**Yang's**  
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& FITNESS CENTER

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## Pre-Register for Early Bird Savings!

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

New & non-current members will be asked to complete a waiver at the first class.

Are there any health or medical concerns (past or present) that we should be informed of? \_\_\_\_\_

How did you find out about this class? \_\_\_\_\_

- Cash       Check payable to: Yang's Martial Arts  
 Credit Card       Charge Credit Card On File



**Savings on both!**

	Early Bird	Regular
<b>Basic Qigong</b> 4 wks	by 9/15 <input type="checkbox"/> \$ 69	after 9/15 <input type="checkbox"/> \$ 79
<b>Qigong Ball</b> 4 wks	by 10/22 <input type="checkbox"/> \$ 69	after 10/22 <input type="checkbox"/> \$ 79
<b>Both workshops</b>	by 9/15 <input type="checkbox"/> \$ 119	after 9/15 <input type="checkbox"/> \$ 135

REFUND POLICY: NON-REFUNDABLE AND NON-TRANSFERABLE ONCE THE COURSE BEGINS. ANY REFUNDS ARE SUBJECT

TO A 10% PROCESSING FEE. Acknowledged: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date rec'd \_\_\_\_/\_\_\_\_/\_\_\_\_ \$ \_\_\_\_\_ via \_\_\_\_\_ taken by \_\_\_\_\_