



# Chi Kung for Health



## Eight Pieces of Brocade with Dr. Yang Jwing-Ming

### Chi Kung - What is it?

Chi Kung (a.k.a. Qigong, pronounced "chee-gong") is a five thousand year old traditional form of Chinese energy exercise for the body, mind and spirit. It is a system for improving and maintaining health as well as balance and self-regulation. Chi Kung, literally means "energy work", and is a combination of several ancient healing systems. The practice of Chi Kung is based upon the cultivation and balance of "chi" roughly translated as "bioenergy". The concept is at the core of most every aspect of Chinese culture, including art, architecture, philosophy, sports and science.

### About this course:

The Eight Pieces of Silk/Brocade, known as **Ba Duan Jin**, is one of the most popular sets of Chinese healing exercises and has been practiced in China for over 1,000 years. These gentle breathing, stretching and strengthening movements activate the Chi ("Qi") energy and blood circulation in the body, helping to stimulate the immune system, strengthen the internal organs and produces abundant energy. Anyone can learn these seated and standing exercises and practice them in as little as 20 minutes.



Reference materials available in book, VHS and DVD form. Please see the Front Desk for details.

### Benefits of Chi Kung:

- ✓ Strengthens muscles
- ✓ Tones internal organs
- ✓ Boosts the immune system
- ✓ Eliminates toxins & "bad"/stagnant Chi
- ✓ Stretches muscles, tendons & Chi meridians



(12 weeks)

## Classes start Tuesday, Nov. 7, '06 8:05-9:05 pm

*Classes will not be held 12/12 thru 1/2 (4 Tuesdays)*

**Previous Experience IS NOT required • Space Is Limited!**

### About Dr. Yang ...

Dr. Yang is a renowned writer and teacher of Chinese Chi Kung (Qigong) with over forty years of experience practicing and teaching this healing art. Born in Taiwan, he began his Chi Kung studies at the age of fifteen. He is the author of over thirty books on Chi Kung and the Chinese martial arts. Yang's Martial Arts is an international organization with over 56 branch and provisional schools located in the U.S. and abroad.



## Yang's MARTIAL ARTS



Located inside Yang's Fitness Center

5 Dundee Park • Andover, MA • 978.475.2020 • [www.YangsFitnessCenter.com](http://www.YangsFitnessCenter.com)