

Healing Qigong

(aka Medical Qigong "Chi Kung")

with **Dr. Yang Jwing-Ming**

No previous experience is required

Course Will Introduce ...

- Qigong Theory
- Ailment Specific Exercises
- Development of Internal Energy (Chi)
- Use of Visualization and Sound



Dr. Yang will introduce a series of Qigong exercises to help with the following ailments:

- 1.) Headache
- 2.) Breast Cancer Prevention
- 3.) Heart Problems
- 4.) High Blood Pressure (Hypertension)
- 5.) Asthma
- 6.) Respiratory Problems
- 7.) Back Pain



Register Early & Save!

(total of 6 hours)

Tuesdays, 7:05 - 9:05 pm

Feb. 7, 14 & 21, '12

For info about Dr. Yang's Thursday offering in Andover: **Martial Applications (A Deeper Look At The Basics)**, see separate flyer.

Call (978) 475.2020 to register!

No previous experience is required • Space Is Limited!

Qigong - What is it?

Qigong (a.k.a. Chi Kung, pronounced "chee-goong") 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. Qigong, literally

means "energy work", and is a combination of several ancient healing systems.



About Dr. Yang ...
For info about Dr. Yang, visit www.YangsFitnessCenter.com



Yang's
MARTIAL ARTS

5 Dundee Park • Andover, MA
978.475.2020
www.YangsFitnessCenter.com

TO REGISTER, RETURN THE BOTTOM PORTION. Spaces are limited!

Name: _____ Birthdate: ____/____/____ Phone (____) _____

Address: _____ City: _____ State: _____ Zip: _____ Email Address: _____

Are there any health or medical concerns (past or present) of which we should be informed? _____

What do you hope to achieve by taking this course? _____

How did you find out about this class? _____



Healing Qigong	Yang's Members*	Non-Members
Early Bird By 1/24/12	<input type="checkbox"/> \$ 89	<input type="checkbox"/> \$ 109
AFTER 1/24/12	<input type="checkbox"/> \$ 109	<input type="checkbox"/> \$ 129
Non-refundable and non-transferable after 1/24/12.		

WAIVER OF LIABILITY

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Martial Arts & Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice.

I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, its owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

All refunds subject to a 10% processing fee.

*To receive member rate you must be actively enrolled in a Kung Fu or Tai Chi program at YMCA during the time this course takes place.

Participant Signature (Parent/Guardian if under 18) _____

Date _____

OFFICE USE:

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