

Early Morning Qigong

Mastering Core Principles and Practice

Join us for a study of uplifting movement and quiet focus. This eight session series will include instruction in qigong fundamentals as well as deep practice to support you in developing an effective personal routine.

What is qigong?

The word “qigong” can be translated as the cultivating of one's energy and awareness. It has its roots in ancient China and India where healers, scholars, martial artists, and monks sought effective ways to improve the quality of their health, consciousness, and self expression. There are basically two categories of qigong – internal that is more akin to meditation and external which employs graceful, mindful movement designed to strengthen and harmonize the physical body and energy flow. We'll use both approaches in this series.



Some of what we will cover:

- * Seven Core Principles of Effective Qigong
- * “Song” Qigong (Loosening and Relaxing)
- * Basic Zhan Zhuang (Standing Tree) Qigong
- * The Baduanjin (Eight Pieces of Brocade) Moving Qigong Set
- * Qigong Subtle Energetics, practice tips, and more...

Course Details:

When: Eight Wednesday mornings **beginning August 17th**

Time: 8:00 – 9:00 a.m.

Place: The Metta Center (1602 Carolina St., Bellingham)

Tuition: 90 (full series)

To reserve your place, call Art Baner at (360) 318-4433

(or email: artbaner@gmail.com)

