

GET UP AND MOVE!

## QIGONG gentle exercise standing or sitting



**8 Week session begins**

**Oct 31st Wednesdays**

**11am to noon**

**“DANCE OF THE PHOENIX”  
FORM + BACK CARE**

### **What is QiGong and how can it help?**

•Similar to Tai Chi, QiGong (chee gung) is an ancient Chinese treasure and healing system that involves slower, gentle movement, breathing and visualization. It can be done standing or seated or in the imagination for major benefits to the body.

Qigong will:

- empower you to heal your body with easy movement standing or seated
- allow you to be in a meditative state with gentle flow to beautiful music
- release stress, calm anxiety and energize you
- release blockages in the body=great for the joints and whole body system

### **What will I learn?**

- the Dance of the Phoenix+ Back Care forms
- fundamentals such as alignment, grounding, balance and breathing
- easy self-care movement that can be practiced at home

\$190 includes DVD, booklet, audio, 8 weekly classes plus 1 makeup

register at [www.lifedance.me](http://www.lifedance.me) 5 persons needed!

Contact Michelle at :

[www.lifedance.me](http://www.lifedance.me)

[lifedanceme@gmail.com](mailto:lifedanceme@gmail.com)

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