



Qigong Coiling Set for Joints, Tendons, and Bone Marrow

Learn the Taiji Qigong Coiling Set

Strengthen your joints, ligaments and tendons. Improve your range of motion. In the gentle exercises of the Coiling Set, your muscles are alternately tensed by the twisting of your limbs and body and then relaxed. The twisting movements relax your joints and improve blood and vital energy (Qi) circulation to your bones, tendons, and ligaments. They also slow the degeneration of muscles and improve their efficiency.



Large Bear Encircles the Moon
from the Coiling Set

Keep your skin and bone marrow healthy to help prevent premature aging.

In addition to the Coiling Set you will also learn its accompanying Skin and Marrow Qigong Breathing. Skin Breathing strengthens the flow of vital energy to the skin cells to help support skin cell reproduction. Marrow Breathing strengthens the flow of vital energy to the bone marrow, helping to support the marrow's vital functions of reproducing red blood cells. Skin Breathing also benefits Taijiquan martial artists who want to increase their "Skin Listening Jing," which is required for Pushing Hands and Taijiquan fighting.

Learn to regulate your body's energy state with Skin and Marrow Breathing.

You will also receive instruction on how to use various Skin Breathing techniques to warm your body and increase your "Guardian Qi," the electromagnetic field (or aura) that protects your body from harmful external influences, as well as instruction on how to cool your body's energy state using techniques of Marrow Breathing.

When: Wednesday Nights 6:30-7:25 PM September 12-October 31.

Where: Qi Elements Center, 464 Herndon Parkway, Suite 215, Herndon, VA 20170

How much? \$18 a session to drop in. \$99 for all eight sessions.