



# Qigong Exercises for the Fall Season and the Lungs

***Protect yourself during cold and flu season.*** As the season changes from summer to fall, temperatures drop and the air dries out. These atmospheric changes put our lungs under stress, and we become vulnerable to respiratory illnesses such as colds and flu. Qigong for



Lungs will help you stay healthy during these seasonal changes and is particularly beneficial for people whose immune systems are weakened from stress and over-work.

***Help prevent premature aging and loss of mental acuity.*** The proper functioning of our lungs is essential to ensure an abundant supply of oxygen in the blood to nourish our organs, support brain functions and to support replacement of aging skin and other body cells. These lung exercises will help you maintain and improve your lungs' capacity and functioning.

The Bird Gazing from the Five  
Animal Sports Qigong

During this eight-session series of classes, you will learn simple Qigong exercises strengthen your lungs and your immune system. The exercises will include the Four Seasons Medical Qigong, Fall Season routine, the Five Animal Sports Bird routine, as well as Lung Cleansing and Lung Strengthening routines.

**When:** Wednesdays, September 12-October 31; 7:35-8:30 PM

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

**How much?** \$18 a class to drop-in. \$99 for all eight classes.