

## Qi Elements Center for Taijiquan and Qigong

### New Wednesday Evening Qigong Classes Start on May 16

#### Energy Circulation in Taiji Qigong: 7 sessions, May 16 – June 27, 6:30-7:25 PM

Whether you are interested in Taiji as a martial art or for its proven abilities to



relieve illnesses and improve health, learning how to circulate your internal energy (Qi) in coordination with the Taiji movements is an essential, but often neglected, component of the art. In this class you will learn how to lead your Qi in Taiji Qigong sets and in simple Taiji Form movements. You will learn Four Gates and Martial Grand Circulation breathing and Qi circulation techniques and how to apply them in movement. In addition, we will also learn the Taiji Qigong Coiling set with the Skin and

Marrow Breathing technique. No previous Taiji experience is necessary.

#### Medical Qigong for Relaxation and Clearing Qi Stagnation: 7 sessions May 16- June 27, 7:35-8:30 PM



The stress of modern life creates tension that can block the circulation of blood and Qi in our bodies and often leads to illness. In this class you will learn several internal Qigong exercises to relieve your stress, clear your energy pathways, and boost Qi circulation in your vital organs. These will include the Inner Smile, the Six Healing Sounds, with body movements as well as sounds, and the Qi Permeation Technique, which is an excellent relaxation exercise and has shown to be effective in relieving high blood pressure.

*Each series is priced at \$90. Drop- in fee is \$18 per session. To enroll for either or both series, just come ten minutes before the class starts. Wear loose, comfortable clothing and flat, rubber-soled, indoor shoes (bare or stocking feet are also ok).*