



# Qigong Exercise Open House at Qi Elements

***Discover how the ancient art of Qigong exercise can help you maintain and improve your health.*** Shifu (teacher) Roger Blough and Qi Elements' Qigong students will be available to answer your questions about Qigong, what it is, how it can improve your health, how Qigong differs from other exercises, and how Qigong compares with Taiji.



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***Watch or join in demonstrations of Qigong exercises:*** Shifu Blough will lead demonstrations of Qigong exercises including Internal Energy Cleansing and Renewal, Qigong for Arthritis, Lung Cleansing Qigong, the Bear Animal Set from the ancient Five Animal Sports Qigong, Qigong for Balance, and Qigong to reduce stress and lower high blood pressure.

We will be here from 6:30 to 8:00 PM. Come for all or part of the program. Wear loose, comfortable clothing and flat, clean rubber-soled shoes if you want to join in the demos.

***When:*** Wednesday, September 5, 6:30-8:00 PM

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

***How much?*** It's an open house so its free, and everyone is invited.