



Qigong Exercises for the Spring Season and the Liver

Spring is the season of growth and expansion. The season is associated with the wood phase in the Five Phases Theory of Chinese Medicine and with the organs, liver and gall bladder. The stresses of modern life can be hard on the liver. Pent up emotions of anger and frustration can damage the liver. The liver cleans the blood, and deep-fried foods, alcohol, and pharmaceuticals can damage the liver.



The Tiger Revolving from the Five Animal Sports Qigong

During this eight-session series of classes, you will learn simple Qigong exercises strengthen your liver and your immune system, including: The Four Seasons Medical Qigong, the Spring Season routine; the Five Animal Sports Tiger routine, as well as other simple Qigong routines for the liver.

When: Wednesdays, March 27—May 15; 6:30-7:25 PM, come March 27 for a free introductory class.

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

How much? \$99 for the whole series, \$18 a class to drop-in.