



Qigong Exercises for the Summer Season

As the season changes from Spring to Summer, increased activity puts your heart under stress. Qigong for the Summer Season will help you stay healthy during these seasonal changes. During this eight-session series of classes, you will learn simple Qigong exercises for keeping your heart healthy and adjusting to the summer season including:

- The Summer Season routine from the Four Season Medical Qigong Set
- The He Sound to Ease the Heart Fire routine
- The Monkey Animal routine from the ancient Five Animal Sports Qigong

Taught by YMAA certified Qigong Instructor Roger Blough, as learned from Dr. Yang, Jwing Ming.

When: Wednesdays, July 11-August 29; 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.

Mail or fax to:
Qi Elements Center
464 Herndon Pkwy
Suite 215
Herndon, VA 20170
Phone: 703 435-4400
Fax: 703 437-6386

Registration Form for Summer Season Qigong

Name: _____

Address, phone or email: _____

Reservation deposit of \$25,
balance due at start of first
class.

Method of Payment: (circle one): Visa MasterCard American Express Personal check

(If paying by credit card, fill in the following) Card number _____

Expiration date _____ ccv _____ Zip Code _____ Sign here: _____