



Taiji Ball Qigong For Health and Martial Arts

In ancient times Ball Qigong training was as a closely-guarded secret in the Chinese martial arts community because of its great benefits in enhancing flexibility, strength, sense of center and martial skill. Now you can learn Taiji Ball Qigong as a means of enhancing your Taijiquan skills or just for improving flexibility, body tone, relaxation and internal energy circulation. In this class you will learn:

- The All-Season Qigong for Spine and Chest
- Taiji Ball Breathing
- Forward, backward, circular and turning movements patterns

When: Wednesday Nights 6:30-7:25 PM July 12-August 30.

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

How much? \$18 a session to drop in. \$95 for all eight sessions.

We need a minimum of 5 students to hold the class, and there will be a maximum of 12, so register early.

Reserve your space with a deposit of \$25. Balance of \$70 due at start of first class. Deposits will be refunded if class fails to meet minimum enrollment.

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 Taiji Ball Qigong

Name: _____

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

Address, phone or email:

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 : _____