

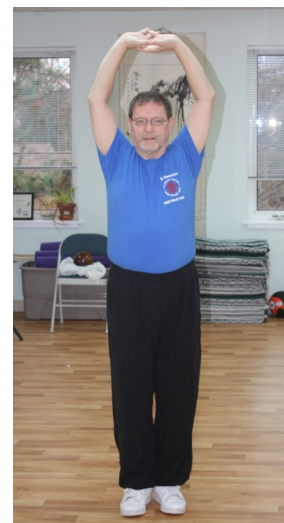


Taiji Ball Qigong for Health and Martial Arts

In ancient times Ball Qigong training was held within the Chinese martial arts community as a top secret because of its great benefits in enhancing flexibility, strength, sense of center and overall martial skill. Now you can learn Taiji Ball Qigong as a means of enhancing your Taiji-quan 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
- Stationary, rocking, as well as forward, backward and circle walking movement patterns
- Taiji Ball moving with a partner

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



When: Wednesdays 7:35-8:30 PM March 27-May 15. Come March 27 for a free introductory session Enrollments will be accepted through April 3.

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

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