



White Crane Soft Qigong for Health and Longevity



White Crane Soft Qigong consists of slow and gentle movements to relax and loosen the joints and soothe and relax the muscles and tendons. It promotes improved flow of internal energy, coordination and flexibility, improved health and longevity. Many of the movements imitate the flowing motions of the crane. Taught by Shifu Roger Blough certified Qigong Instructor by Dr. Yang, Jwing Ming .

When: Wednesday Nights 6:30-7:25 PM July 11-August 29.

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

How much? \$18 a session to drop in. \$99 for all eight sessions.

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 White Crane Soft 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: _____