



Qigong Exercises for the Winter Season and the Kidneys

In winter temperatures drop, the body's energy decreases and the guardian Qi that surrounds and protects the body weakens. The spirit diminishes and depression increases. These changes put our kidneys under stress and leave us more vulnerable to illness. Qigong for the Kidneys will help you stay healthy during these seasonal changes.



Deer Running from the ancient Five Animal Sports medical Qigong

During this eight-session series of classes, you will learn simple Qigong exercises to strengthen your kidneys and your immune system. The exercises will include the Four Seasons Medical Qigong, Winter Season routine, the Five Animal Sports Deer routine, as well as other simple Qigong exercises for the health of your kidneys.

To enroll just come 15 minutes before the start of the first class to register and make payment. Wear loose, comfortable clothing (natural fabric is best) and flat, rubber-soled, indoor shoes (socks, bare feet also ok). Email shifu@qielements.com for more information.

When: Wednesdays, January 16—March 6, 6:30-7:25 PM

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

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