



PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

THE CHINESE ART OF QIGONG

8-week Session with Ron Hicks



Starts: January 26, 2012

Classes: Thursdays 8:15-9:15pm

Fee: \$60.00 for the eight classes

Place: Epiphany Memorial Hall

19A Holborn Ave at Briscoe St W, London ON

(1 block west of Wharncliffe, 2 blocks north of Emery)

Qigong is an ancient Chinese system of simple exercises and meditations which develop and increase our store of healing energy, and distribute this energy within the body. This can produce relaxation and improve overall health and wellbeing.

Qigong is composed of two words; Qi is energy or the life force that powers all living things, Gong means work, or cultivation. There are three core principles which make this art so effective: focusing the mind to direct the Qi; improving one's breathing through increased awareness; and combining these with correct body alignment and slow movements. With practice, the mind, breath and body become like one.

There are literally thousands of ways to perform Qigong. In this session, we will explore a variety of exercises which, when practiced regularly, can increase your Qi and your overall sense of being. We will also experience some sitting meditations as well as the Standing Pose (Zhan Zhuang) and walking meditations.

In Qigong Healing Arts, it is believed that each of the body organs has an associated healing sound and colour, and these will be explored and learned.

Whether you have absolutely no previous Qigong experience, or have some prior experience, this class will be valuable to each student. As with Yoga, the benefits of Qigong will increase by developing a consistent, ongoing practice.

Visit our website at: www.phoenixtaichi.ca

or call: 519-439-8875