

NATURAL OASIS

Qigong at Natural Oasis

CALL WENDY SMITH: 585-546-3063

Classes Begin week of January 9, 2006

\$60 for a 5-week session

Drop-in cost: \$13/class

Level One:

Although there will be some discussion of Chinese medicine and how Qigong works, this class will primarily focus on learning three different forms of Qigong—Yin-Yang Medical Qigong, Six Healing Sounds, Fragrance Qigong, and doing meditations. Please wear loose clothing and flat shoes. All movements are slow and gentle and accessible to beginners as well as to those who may be familiar with Qigong.

Class Time: Mondays 6-7 pm

Level Two:

There will be continued discussion of Chinese medicine and how to cultivate your energy but primarily, this class will focus on both a review of previous forms from Qigong level one: Yin-Yang Medical Qigong, Six Healing Sounds, Fragrance Qigong, and learning new forms such as: Four Seasons Qigong, Primordial Qigong, Eight Pieces of Brocade, Bone Marrow Cleansing, Tendon Healing Practice, and various meditations.

Class Time: Wednesdays 5:30-6:30 pm

Resolve to do something different. Try Qigong!



**Classes at Natural Oasis
288 Monroe Ave (near Alexander)**

Qigong at Natural Oasis
Wendy Smith, Instructor
585-546-3063 or 585-325-1831

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Qigong FAQ

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What is Qigong?

Qigong is an ancient Chinese health-care system that integrates physical postures, breathing techniques, and focused attention to improve energy flow. The Chinese have practiced qigong for over 5,000 years. It is not the same thing as T'ai Chi, which is a Martial Art, and is a more recent development.

The word qigong (or chi kung) is made up of two Chinese characters. Qi (pronounced "chee") is usually translated to mean the life force or the vital energy that flows through all things in the universe. The second word, gong (pronounced "gung") means accomplishment or skill that is cultivated through steady practice. Together, qigong means cultivating energy. It is a system designed for health maintenance, healing, increasing vitality, and spiritual cultivation.

What are the benefits?

This is a Chinese health care practice that is easy and fun to do, available to even those in a wheelchair, and has been shown to lower blood pressure, increase blood circulation, improve digestion, increase cardiovascular strength and reduce stress levels. These gentle, slow movements are especially geared for those people with injuries, chronic conditions, and reduced flexibility, to enable them to gain greater mobility.

Who is it for?

Qigong is for everyone.

Students with fibromyalgia, those with chronic conditions and recuperating from injury, have reported the lessening or elimination of their symptoms with consistent Qigong practice. The visualization, breathing techniques, and physical postures of Qigong promote relaxation and re-energize the body.

How does it work?

In order to understand how qigong achieves this, imagine a garden hose—water flows freely if there are no obstructions in the hose. If there is a kink or constriction in the hose, water (Qi) doesn't flow. You get excess (Qi) on one side of the kink and deficiency on the other. The stretching, movements and breathing of qigong elongate the hose and release the blockages caused by trauma, stress, poor diet, medications, hereditary conditions, environmental factors, or excessive emotional issues. This balanced even flow of energy or Qi assures the health of your organs, nerves, glands, and cells by stimulating the body's natural ability to heal itself.

Qigong synchronizes chakras, connects to acupoints, and is both a science and an art.

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