

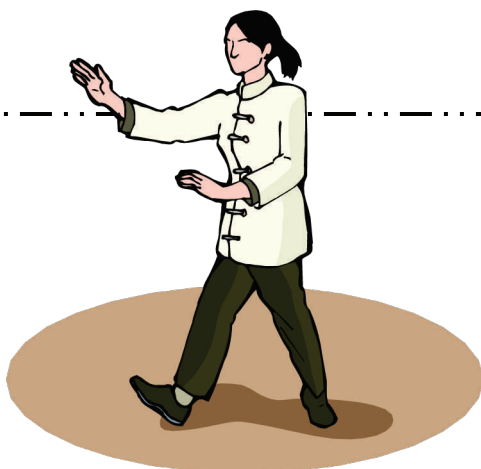
NATURAL OASIS

New Classes at Natural Oasis!

Qigong:

This class will primarily focus on practicing different forms of Qigong—Yin-Yang Medical Qigong, Six Healing Sounds, Fragrance Qigong, Four Seasons Qigong, Bone Marrow Cleansing, and various 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
Classes Begin February 13, 2006



CALL WENDY SMITH: 585-546-3063

Tai Chi for Arthritis (Sun-Style):

“People in China have known for centuries that Tai Chi is an effective treatment for arthritis. This 12-movement Tai Chi is a gentle, relaxing exercise program that is simple to follow and easy to learn. Many medical studies have shown Tai Chi to be an effective exercise for numerous aspects of health. It is a wonderful for increasing your flexibility, muscle strength, lung capacity and cardiac function. It has additional health benefits for relaxation, balance, posture and immunity. The stress-relieving factor alone can better your lifestyle and your quality of life.”

– Dr. Paul Lam, creator, Tai Chi for Arthritis

Class Time: Wednesdays 5:30-6:30 pm
Classes Begin February 15, 2006

Classes at Natural Oasis
288 Monroe Ave (near Alexander)

\$60 for a 5-week session (Qigong or Tai Chi)

Must Register by Feb. 9th—either by calling Wendy Smith, or stopping in to Natural Oasis.

More Info about Qigong & Tai Chi 

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

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Qigong FAQ

\$60 for a 5-week session

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 Tai 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.

Tai Chi Introduction

\$60 for a 5-week session

Tai Chi is one of the best known martial arts of the Internal styles from ancient China. Based on Qigong and martial art techniques from thousands of years ago, Sun style is the youngest of the major styles and was created by Sun Lutang (1861-1932). Sun style is characterized by agile steps and is most suited to people with arthritis. Whenever one foot moves forward or backwards the other foot follows. Its movements flow smoothly like a river, and there is a powerful Qigong exercise whenever the direction is changed.

Some good qualities of Sun style are that it contains much Qigong, which is especially effective for healing and relaxation; its higher stances make it easier for older people to learn. It is also compact, not requiring a large space in which to practice. Sun has so much depth that it holds learners' interest as they progress.

The essential principles of Tai Chi are based on the ancient Chinese philosophy of Taoism, which stresses the natural balance in all things and the need for living in spiritual and physical accord with the patterns of nature. According to this philosophy, everything is composed of two opposite, but entirely complementary elements of yin and yang, working in a relationship, which is in perpetual balance. Tai Chi consists of exercises equally balanced between yin and yang, which is why it is so remarkably effective.

CALL WENDY SMITH: 585-546-3063

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