

5 Rhythms Qigong



Sunday, January 12th | 1:00pm—5:00pm

Held at a private residence in Avila Beach, CA | Register Online @ AvilaBeachQigong.com

Join us for a journey around the Sun in this experiential workshop.

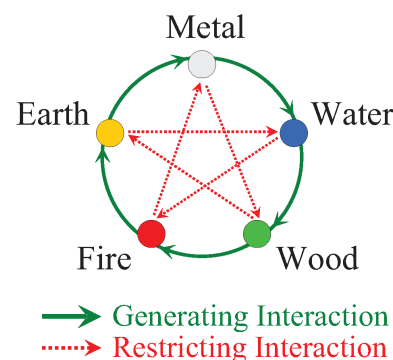
It is known that the center of our solar system is the Sun and that the rhythm and flow of nature is governed by Earth's relationship to the Sun. In this 5 Rhythms Qigong workshop we will explore the nature of this relationship through the structure of the 5 elements and their rhythms in a 24 hour, annual and human life cycle.

We will learn how to cultivate and nurture a conscious relationship with these elements, the organ systems, meridians, senses, tastes, colors, characters and sounds they are associated with.

We've all heard the saying, "timing is everything", it's true. Understanding how the cycles of time affect your mind, body and emotions is the key to longevity. It is one of the most important and yet least understood aspects of owning and maintaining a body that one can poses.

Working in harmony with the 5 rhythms can give insight into:

- How to eat on a daily cycle to maintain qi
- How to eat seasonally for harmonization with nature
- How to move your body for each season annually
- The appropriate exercise for each season of your life cycle
- When to take action, when to rest
- How to live in harmony with nature
- Respiration, digestion & elimination



We will begin this workshop with a traditional Chinese Tea Ceremony. You will be introduced to Golden Memory Puerh and Green Dragon Oolong, both teas selected based on their qi quality

Sunday, January 12th | 1:00 -5:00 pm

\$50 Per Person

Private Residence in Avila Beach, CA

Register Online at: AvilaBeachQigong.com

Instructor Cyndi Silva is a certified Medical Qigong practice leader, certified yoga and Pilates instructor, and a somatic movement and meditation guide who has led mind body classes since the mid 90's. Her interest and appreciation for practicing and sharing ceremonial teas and Qigong is rooted in the organic intelligence of our body's innate healing capacity and it's deepest desire to commune with nature's qi. Through fluid movement sequences, Cyndi creates inspired and rejuvenating environments that invoke our natural healing capacity to it's fullest expression.

