

Introduction to Medical Qigong

*Tension is who you think you should be.
Relaxation is who you are.*

~ Chinese Proverb

Sunday, Jan. 5th

1:00pm—5:00pm

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

Qi (energy) **gong** (work) emphasizes the importance of adding mind intent and breathing techniques to physical movements.

Medical Qigong cultivates and circulates the internal 'medicine' within our bodies while eliminating stagnant energies.

Practicing Qigong is known to:

- ◆ Invoke a state of sustainable calmness
- ◆ Build stamina and confidence
- ◆ Fortify focus and vitality
- ◆ Improve balance and coordination
- ◆ Help prevent injury and illness while accelerating recovery from injury and illness
- ◆ Improve cardiovascular, respiratory, cognitive, circulatory, lymphatic and digestive functions

Included in the course:

- ◆ Overview of Medical Qigong theory
- ◆ Vital breath and organ exercises
- ◆ Calm, relaxing, flowing movements
- ◆ Self massage systems and applications
- ◆ Meditative visualization techniques
- ◆ Interactive one-on-one & group practice
- ◆ Visual handouts with notes of entire content
- ◆ Integration of multi-sensory learning systems
- ◆ Fun, laughter, connection and levity



Consistently practicing Qigong re-establishes a harmonic body/mind/soul connection. When these three aspects of our being are integrated, it encourages a positive outlook on life and the benefits of exercise increase exponentially.

\$50 Per Person

Limited to 8 attendees

Private Residence in Avila Beach, CA

Register Online at: AvilaBeachQigong.com



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.

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.

