

Spring Forest Qigong

Level I Introductory classes

Free Qigong demonstration at WHCA
(West Hillhurst Community Association,
1940-6th Ave NW) on **Wednesday November
2, 2011**

8:00 pm – 9:00 pm at Upper Studio A

4 Class Introduction

Wednesdays Nov 9 – 30

8:00 pm – 9:00 pm

Upper Studio A, WHCA

Investment: \$40 for 4 classes

Spring Forest Qigong (chee gong) is a simple, efficient, and effective method for helping you experience your optimal health, wellness, and happiness; helping you heal physical and emotional pain; and helping you enhance the quality of your life and the lives of others.

The goal of SFQ is to enhance the quality of your life by teaching you ways to open your energy channels and maintain balance. Remove the imbalance, and you remove the pain.

The SFQ method is simple and easy to learn. It is comprised of four parts that all work together:

- Breathing
- Gentle Movements
- Mental Focus

Sound

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