



Qigong (chee-gong) is an ancient Chinese health care system that integrates physical postures, breathing, healing sounds and focused intention. It is an exercise practiced for health maintenance, healing and increased vitality.

This exercise relaxes and opens the body for increased blood and oxygen flow. Qigong enhances the healing of:

- Cancer
- Arthritis
- Diabetes
- Heart Disease
- Immune System
- Whatever Ails Ya!

The slow gentle movements of Qigong can be easily adapted for the physically challenged and can be practiced by all age groups.

Wear loose, comfortable clothing, bare feet or soft-soled shoes.