

Qigong Classes For Health and Well-Being



★ March and April 2012 ★

With licensed acupuncturists Lauri McKean and Naomi Brownson

Qigong (pronounced "Chee-Gung") is a Chinese word that means "energy cultivation" or "energy exercise." Qigong routines have been practiced in China for thousands of years in order to improve health and wellness. There are numerous different types of qigong exercises but they all use one or more of the following techniques: intention, meditation, relaxation, physical movement or postures, mantras, mind-body integration, and breathing. Like acupuncture, qigong is considered one of the five primary Chinese medicine treatment modalities. However, it differs from acupuncture in that anyone can use qigong for self healing.

Yuan Shen Qigong - with Naomi Brownson, LAc

When: Wednesdays 6:00-7:00pm, March 21st - April 18th

Where: The Feldenkrais Studio (112 West 4th Street - in the Moscow Hotel building)

Yuan Shen (Original Kidney) Qigong comes from the Blue Mountain monastery in Se Chuan province, China. It is practiced to heal and repair the prenatal or original energy of the body. This powerful method helps activate the Kidney energy to nourish and harmonize all the internal organs. Yuan Shen qigong especially helps with fatigue, poor memory, insomnia, menopause, and life transitions. **The cost is \$50 for this 5 week class.**

Jade Woman Qigong – with Lauri McKean, LAc

When: Mondays 5:45-6:55pm, March 26th - April 30th

Where: The Movement Space (872 Troy Hwy, Ste 160 - in the Village Mall, Moscow)

This qigong form helps to increase blood, nourish the liver and heal both physical diseases and emotional imbalances. It is a beautiful, feminine form that is effective in reducing weight and treating problems related to gynecology (including PMS, fertility issues, hormonal imbalances and menopause). It combines movement, meditation and sound (mantras) to balance women's unique physiology. For a preview of this form, search "Jade Woman Qigong" on YouTube.com. **The cost is \$60 for this 6 week class.**

Springtime Qigong Liver Cleanse Qigong - with Lauri McKean, LAc

When: Mondays 7:00-8:00pm, March 26th - April 9th

Where: The Movement Space (872 Troy Hwy, Ste 160 - in the Village Mall, Moscow)

Our liver energy is impacted by many facets of modern life. Chinese medicine recognizes that if the Liver energy is not flowing properly one may experience symptoms such as mood swings, gynecological issues, vertigo, anxiety, depression, chronic fatigue or eye problems. This qigong routine combines movements, sounds and visualization to assist in promoting the optimal functioning of the Liver. *During this class students will learn all the components of this routine so they can then complete a 7-day liver cleanse at home.* **The cost is \$30 for this 3 week class.**

Immune Boosting Qigong - with Lauri McKean, LAc

When: Mondays 7:00-8:00pm, April 16th - 30th

Where: The Movement Space (872 Troy Hwy, Ste 160 - in the Village Mall, Moscow)

This simple qigong routine stimulates the function of the Lungs and helps to activate the body's defensive energy. This is an easy form to practice daily as it takes only 8 minutes to complete. To view this form, search "Immune Boost Qigong" on YouTube.com. **The cost is \$30 for this 3 week class.**



About the instructors: Lauri McKean and Naomi Brownson are both certified qigong instructors through the Ling Gui International Healing Qigong School (www.linggui.org). Additionally they have completed Masters degrees in Acupuncture and Oriental Medicine and are licensed acupuncturists practicing at the Healing Point Chinese Medicine Clinic in Moscow.

For more information or to register go to www.healingpt.com or contact the instructors directly. Lauri: **208-669-2287, lm@healingpt.com**. Naomi: **208-860-4278, Naomi@healingpt.com**. Please note that these classes teach a series of movements with a new movement being taught each week. Register only if you are able to attend a majority of the class sessions.