



# 8 Treasures Qigong Class

## For Spring Health and Well-Being

A Liu Dong Healing Method

With: **Meggan Baumgartner**, MAcOM, LAc, Dipl.OM,  
Certified Qigong Teacher      [www.healingpt.com](http://www.healingpt.com)

**Qigong** 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. Many different styles of Qigong exist but most utilize a combination of conscious movement, breath awareness and visualization. Tai Chi is a form of Qigong for example.

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**Qigong Class Details:**      Tuesdays online via zoom: March 16, 23, 30 & April 6, 13, 20 2021  
12:00 – 1:00 pm PST (6 classes)

**Location:** ONLINE via Zoom

Please note: to participate in class, you will need a decent internet connection and zoom downloaded on your computer or tablet prior to our first class (the free version of zoom is fine). I do not recommend using a phone, as the screen is way too small to see me for effective learning.

**Form Info:** BEGINNERS through experienced are WELCOME and encouraged to attend. This standing Qigong routine is aptly named to nourish the whole system (treasures of the body). It was originally formulated for monks who were sitting in meditation for long periods so they could stretch and open their tendons and overall body circulation. There are hand and leg movements, chanting sounds and stretching movements involved. It is a lovely, well-rounded form to relax your mind, cleanse toxins, nourish your tissues, build Qi and stretch your body parts. It is particularly helpful to open and move your circulation, tendons, muscles, joints, mind and heart after a long winter (and long year of this pandemic). Most people report better balance, strength, relaxation, focus and sleep while practicing this qigong form.

Please plan to attend all classes. This is not like a yoga class where you can “drop in.” Each class will build upon the last. That is why the pricing is only for the whole series of classes.

**Pre-registration required by Wednesday, March 10<sup>th</sup>:** Please fill out registration and liability form to submit with your check payment to: Healing Point PO Box 9381 Moscow, ID 83843.

**Cost:** \$80    **Checks** Payable to: Meggan Baumgartner, LAc

**About the instructor:** Meggan has been practicing Qigong since 2000. She has worked with a variety of Qigong schools but primarily the Ling Gui International Qigong School ([www.linggui.org](http://www.linggui.org)) and is certified by this school to teach a number of Qigong forms. Additionally, Meggan has practiced yoga and meditation since 1997. She founded the Healing Point Chinese Medicine Clinic in Moscow in 2007 and continues to practice Chinese medicine in Moscow, ID.

**For more information** or to register please call or email: 208-669-2287 or  
[healtharmony@gmail.com](mailto:healtharmony@gmail.com)      Registration form on my website: [www.healingpt.com](http://www.healingpt.com)