



# Spring Qigong Class

## For Spring Refresh, Health & Well-Being

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.

---

### Qigong & Asian medicine lifestyle and dietary alignments with the season

**class:** Thursdays 3:00 – 4:00 pm; March 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> and April 3<sup>rd</sup> = (4 classes)

**Location:** Art room (next to Fiske room) on 2<sup>nd</sup> floor of 1912 Center, 412 E 3<sup>rd</sup> St., Moscow, ID

**Info:** Qigong meditations will be led to ease the mind, remind the body how to heal, activate the liver for spring cleansing, aligning the sensory organs in the head to the cosmos (7 holes in head where the light comes in = nose, eyes, mouth, ears). No previous experience is necessary.

Each class will consist of a small amount of teaching about qigong and the particular support each move provides, some group practice as well as instruction regarding Asian medicine alignment with food and lifestyle for transitioning from winter to spring. Please wear comfortable clothes that do not inhibit movement.

**Cost:** \$ 70 for 4 week course. 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. Venmo payments ( QC code here) or Checks should be made out to: Healing Point, LLC

**Pre-registration required by March 10, 2025.** Please fill out registration and liability form to submit with your payment (found on my website).



**About the instructor:** Meggan has been practicing Qigong for 25 years. She has worked with the Ling Gui International Qigong School ([www.lingguui.org](http://www.lingguui.org)) since this time and is a certified teacher. 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 Asian medicine in Moscow, ID.

**For more information** or to register please call or email: 208-669-2287 Or visit my website to download the registration form: [www.healingpt.com](http://www.healingpt.com)