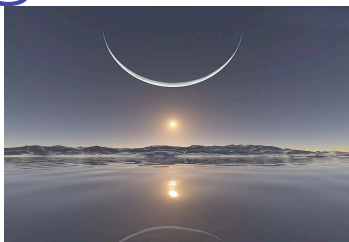


Qigong for Longevity



“Cultivate your body and mind with Qi Gong to maintain a relaxed spirit, as this is the secret of longevity.”

~Wang Qingyu, lineage holder for the Jin Jing Gong School

Who: This group is open to anyone, and I am particularly focused on supporting cancer treatment/prevention and chronic disease.

What: This class will be an introduction to qi gong, as well as a commitment to practice for those already familiar. The basis for this practice will be the Jin Jing Gong forms.

When: Saturday mornings 10am-11am.

Where: Pettygrove Classical Chinese Medicine Clinic,
2232 NW Pettygrove, 503-552-1552

Why: Qigong is an ancient healing art of Chinese medicine. The practice of qigong helps strengthen the energy within as well as increase the sense of connection with the universe. It is a gentle, physical practice suitable for all ages and abilities. Even those unable to stand can greatly benefit from the internal alchemy that takes place from qigong.

How: Drop ins welcome!

Questions? Contact Sara Hart at 503-552-1551 xt. 5326, email sararynhart@yahoo.com or call the clinic as above.