

# **Authentic Chinese Qigong 氣功**

## **Comes to Auburn, New York!**



### **What is Qigong?**

Qigong is an ancient mind-body discipline with roots in Chinese culture dating back more than 5,000 years. It is practiced as a form of medicine, a meditative technique, and as a means to develop “internal power” in the martial arts.

Like Taijiquan (T'ai chi ch'uan), Qigong practice involves rhythmic breathing coordinated with slow, stylized, flowing movements performed in a calm mindful state.

### **What are the benefits of Qigong?**

There is growing evidence that Qigong has value in treating or preventing many health problems including diabetes, arthritis, and cardiovascular disease. Qigong has been shown to increase bone density, lower blood pressure, relieve stress, and generally improve quality of life.

### **Who can do Qigong?**

Although the effects of Qigong are profound, the movements of a typical Qigong set are relatively simple and few. They can be done by people of most any age or physical condition. In fact, many practitioners find Qigong, with its gentle focused movement, to be more accessible than seated meditation.

### **Is it difficult to find a Qigong class?**

Usually, yes. But now you have a rare chance to learn authentic Chinese Qigong in Auburn, NY!

*No Need to Travel to China*

**Classes begin February 13th - April 2nd  
(Monday's - 9:30 to 10:15 am)**

**The Center, 1 Hoffman Street,  
\$96.00 (8 weeks)**

**so register now!**

**315-704 - 0319**

**or online at [www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)**