

Medical QiGong for Woman's Health

especially PMS, pre.- and Menopause

Qigong (Chi Kung, Qi Gong) is China's ancient healing art that combines gentle movements, breath, visualization and self massage to increase your energy, balance body/mind, attain longevity and heal or prevent many common illnesses.

We will spend this afternoon together exploring our female bodies—energy flows and learn to recognize and relieve blockages, imbalances and stresses that influence us throughout our female cycles.



- > QiGong Exercises
- > Special meditation
- > Daily Heal routine
- > Restore Hormonal Balance
- > Work with PMS or Menopause symptoms

Date of Class:

Sunday, November 2nd.2008

Time of Class: 1pm to 3pm

Cost of Class: 30.00

Location:

Integrated Mind and Body Clinic
2921 Lakeshore Blvd. W.
(corner of Islington and Lake-
shore Blvd.)

RSVP:

info@lifeisvaluable.com
or call Margit at 647.261.3733



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Qigong Healing