



## **QIGONG MEDITATION WORKSHOP**

This class is designed to connect with a group of like-minded individuals to practice and learn a variety of QiGong movement meditations. Based in Chinese Medicine, these practices will provide balance, strengthen the immune system, and enhance your health, as well as your emotional and physical wellbeing. We will learn to sense, feel, and tune into our physical & energy body as we access universal energy and create focus and balance through our Posture, Breath & Intent.

**WHEN:** **Wednesdays 1:15-2:00**  
**WHERE:** **APJCC Los Gatos Group Fitness Room B**  
**PRICE:** **8 week series \$200**  
**SESSION:** **March 20<sup>th</sup> – May 8<sup>st</sup>**

*This class will cover any of the following QiGong meditations:*

<b>Inner smile</b>	<b>One through ten meditation</b>
<b>8 Brocades</b>	<b>Golden Ball</b>
<b>5 treasures set</b>	<b>Wudong 8 set</b>
<b>Beating and Drumming the Qi</b>	<b>The Microcosmic Orbit</b>
<b>Old Man and the Tide Pool</b>	<b>The Six Healing Sounds</b>
<b>Daoist 5 set</b>	<b>Primordial Wuji QiGong</b>
<b>Radiant Pearl</b>	<b>8 vibration training nei gong</b>
<b>Marrow Washing</b>	<b>Dry Cry</b>
<b>Pulling Past Pain</b>	<b>Infinite Bagua QiGong</b>
<b>Awakening the sleeping dragon</b>	<b>Wusang</b>
<b>Fusion of tangible &amp; intangible energy</b>	<b>3 energy centers meditation</b>
<b>Opening heavens eye</b>	<b>Stopping Time</b>

*Please contact Aligned Fitness at (408)-691-2829 or [www.alignedfit.com](http://www.alignedfit.com)  
or email [lisabethdecker@gmail.com](mailto:lisabethdecker@gmail.com) for registration details*