



Body Sensing Qigong



Starting on Monday, January 6, 2020

Based in the principles of Chinese Medicine, Qigong is a gentle movement/ meditation-based practice. A growing body of research proves Qigong can reduce pain, stress, fatigue, anxiety and inflammation, while enhancing the immune system. Through gentle exercises, simple stretches and breathing techniques qigong has been proven to assist in cell repair by increasing blood and oxygen circulation without burning energy. The gentle practice of Qigong can empower you to regain control of your physical, mental and emotional health.

Dates: Every Monday, starting January 6, 2020

Time: 10:30 am – 11:30 am

Location: Cancer CAREpoint Resource Center

2505 Samaritan Dr., Building 400, Suite 402, San Jose 95124

Facilitator: Lisa Decker (see back of flyer for short bio.)

Space is limited and advance registration is required. Please register online or call Cancer CAREpoint at: 408.402.6611 or email: info@cancercarepoint.org.

Lisa Decker is the owner of Aligned Fitness in Los Gatos www.alignedfit.com. She holds a master's degree in human movement and is certified in postural therapy through the Egoscue Institute, spinal decompression through Foundation Training, and medical qigong through the Longevity Center. She helps people in chronic pain realign through gentle corrective-based exercise methods.