

# Medical Qigong Virtual Workshop

## Qigong



**Saturday**  
**September 26, 2020**  
**9:00 am — 2:00 pm**  
Includes a lunch break  
and additional small breaks

Cancer Well-fit is a community supported fitness program for cancer survivors.

**Qi** (energy) **gong** (work) emphasizes the importance of adding mind intent and breathing techniques to physical movements. **Medical Qigong** cultivates and circulates the internal 'medicine' within our bodies while helping to eliminate stagnant energies.

### Practicing Qigong is known to:

- ◆ Invoke a state of sustainable calmness
- ◆ Build stamina and confidence
- ◆ Fortify focus, vitality & immunity
- ◆ Improve balance and coordination
- ◆ Help prevent injury and illness while accelerating recovery from injury and illness
- ◆ Improve cardiovascular, respiratory, cognitive, circulatory, lymphatic and digestive functions



**A Virtual Workshop to Benefit Cancer Well-fit.**  
Event will be recorded, all donors will receive video replays and pdf notes.

Minimum Suggested Donation is \$40 per person

\*Register, Donate and Learn more about CWF at:

[CancerWell-Fit.com/donate](http://CancerWell-Fit.com/donate)

\***Event Registration:** In the comment section of the donation process mention qigong workshop, your name, email and number of participants to reserve your spot in the workshop.

**Qigong exercises** direct intentional energy and blood circulation to internal organs and glands to energize the entire body, balance the energy level, and promote more effective functioning of the whole system in order to prevent disease and illness.

### What you'll experience at the workshop:

- ◆ An introduction to medical qigong theory
- ◆ Qigong breathing techniques
- ◆ Calm, relaxing, flowing movements
- ◆ Self massage systems and applications
- ◆ Restorative, visualization techniques
- ◆ Interactive, online, group practice
- ◆ Qigong testimonials from cancer survivors and others
- ◆ Laughter, levity and communal support

More info & instructor bio at [AvilaBeachQigong.com](http://AvilaBeachQigong.com)

### Our Local Sponsors and Supporters:

#### Thank You!

Avila Bay Athletic Club & Spa for generously donating your facility for the Well-fit Program for the past 11 years.



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100% of the proceeds from this event go to CWF