



# Qigong for Health and Wellness

Simple to learn but profound in its effects, Qigong is an ancient Chinese health practice that uses breathing, posture, movement and focused attention to nourish and strengthen the flow of vital energy ('Qi' or 'Chi'). Benefits of Qigong include a strengthened immune system, improved circulation, lower blood pressure, better sleep and a heightened perception of internal body mechanics.

In this class, instructor Robert Nakashima of Inner Circle Tai Chi will lead students through a traditional series of preparatory movements, standing and seated Qigong practices and a meditative walking method that can be customized to address individual health needs.

This class is perfect for those wishing for a simple, accessible introduction to the extraordinary, life-enhancing benefits of Qigong.

**Place:** Lion's Roar Dharma Center  
3240 B Street, Sacramento  
**Time:** Tuesdays 11:00 am—12:00 noon  
**Cost:** \$15.00 per class Drop-in or 4 for \$50  
**Register:** Middle Way Health

*Please make out checks to: Middle Way Health*

