



NEED TO RELAX?

Try Qigong

All Levels Welcome-Geared for Seniors

Qigong has strong roots into mystical and philosophical ground, but its practical **healing and stress management** applications are the most popular aspects of the tradition today. Both the health and spiritual applications are rapidly gaining in popularity as people realize that **disease and stress can be relieved by peace of mind.**

The word Qigong breaks into Qi and Gong: Qi = vitality, energy, life force; Gong = practice, cultivate. So Qigong = to cultivate one's vitality or life force. The Chinese believe that the primary mechanism triggered by the practice of Qigong is a spontaneous balancing and enhancing of the natural healing resources in the human system. Over thousands of years millions of people have benefited from these practices, believing that improving the function of the Qi maintains health and heals disease.

Qigong is one of the most powerful self-healing traditions ever developed in human history. It is literally a health wonder of the world.

Beginner's Qigong Classes

Hosted by:

The DACC

221 Victoria Drive
Delanson, NY 12053

Contact:

Dadams@dacc.info
518-895-9500X114

Presented by:

Pam Martin

Six Week Program
Friday's @ 10am

3/326-5/7 (omitting 4/16)

Fees: \$25 DACC Seniors

\$45 DACC Members

\$65 Non-members

Please.....

Register in advance
at front desk with
payment to assure
placement.

Need a minimum of
5 to run class

No Make-Ups
or Refunds