



ROBERT BATES HEALING



Free Qigong in the Gardens

www.funwithqigong.com

Summer 2009



When: Mondays, July 6 to July 20

Time: 6:00 pm to 7:00 pm

Cost: **Free**

Where: 1095 East Axton Road

contact: rbbatesdc@comcast.net

-or- (360) 398-7466

Health in Natural Beauty

- Enjoy gentle, energizing exercises in peaceful garden location.
- Anyone can come to the classes.
- The movements and breathing are gentle and easy to learn.
- You are welcome to come to any or all of the classes.
- Have fun, feel better and get healthier.

What is Qigong?

Qigong (“Chee Gung”) is the art, science, and philosophy of natural healing and personal energy management. Qigong is extremely effective in increasing wellness, ensuring longevity, and curing many ailments. This summer’s focus will be on *The Delightful 10*, a satisfying set of slow and gentle exercises that brings great balance to the body and calmness to the mind.

Community Practice

These Qigong classes are introductory. For those who haven't done any Qigong before, it is a chance to experience a little of its joyful, internal healing power. For everybody it is an opportunity to practice, refine your skills and to share a healing experience with others in a beautiful garden setting amidst nature.

Robert Bates is a healer and a teacher of healing. He has been teaching Oriental movement arts since 1987. His current favorite Qigong practices include: Wild Goose Qigong, Chen Style Tai Chi, Spiral Tai Chi and Five Animal Frolics.