



# ROBERT BATES HEALING



## Five Flows Qigong Set

### Gentle Exercise Workshop

[www.robertbateshealing.com](http://www.robertbateshealing.com)

[www.funwithqigong.com](http://www.funwithqigong.com)

**Location:** Haberkorn Chiropractic  
**When:** Thursday, October 15, 2009  
**Time:** 5:30 pm am to 7:30 pm  
41555 Cook Street, #160  
Palm Desert, CA 92260  
**Cost:** \$30  
**To sign up:** (760) 346-9400



### Heal with Gentle, Focused Movements

What is Qigong? Qigong is the practice of building energy for feeling good. The Five Flows Qigong set is a health-promotion practice that is accessible, doable, and useful for people of all levels of health. Anybody with a desire for greater health and longevity can practice it and harvest its many fruits.

### Principles of Health

In the Five Flows Qigong set, I offer you a sensible, easy-to-understand series of foundational Qigong moves. The Five Flows Qigong set teaches principles you can apply to all of your life—principles of movement, posture, breath, and being. These essential principles are taught so you can practice with simplicity, physical ease, and fun.

- First Flow Exercises:** Shaking the body, Turning the Waist, Waking the Breath.
- Second Flow Exercises:** Outer Qi Shower, Inner Qi Shower.
- Third Flow Exercises:** Charging the Center, Charging the Kidneys, Charging the [Qi] Ball.
- Fourth Flow Exercises:** Streaming the Fountains, Riding the Waves.
- Fifth Flow Exercises:** Centering the Qi, Nurturing the Qi.

Robert Bates is a healer and a teacher of healing. A 1990 graduate from Southern California College of Chiropractic, he went home to the Pacific Northwest to open his practice. He holds a Master of Medical Qigong degree, is a licensed Chiropractor, is an advanced Cranial Sacral Therapist, and is a lifelong seeker of the best in self-transformation. He practices Wild Goose Qigong, Healing Tao, Tai Chi, and many other Qigong forms. As a teacher he likes to encourage and inspire, while simplifying and getting to the essence of the art.