



ROBERT BATES HEALING



Qigong to Prevent Colds and Flu Winter 2010



Come to one or two classes a week for the same price!

When: Monday and Friday Afternoons, January 4 through March 5

Time: 1:00 pm to 2:00 pm No Class February 05 or March 01

Cost: \$80 for the entire series.

Take the classes Mondays or Fridays or both for the same price.

Location: 1095 East Axton Road. This is a few miles north of Bellingham.
Please call or email if you need directions.

To Sign Up: (360) 398-7466, or rbbatesdc@comcast.net

Robert's Website: www.funwithqigong.com



First Clear the Organs with the Six Healing Sounds

First we will warm the body up and begin the purging of stagnation. The Six Healing sounds clear the organs and tissues of stagnant Qi, open blocked Qi channels and reinvigorate sluggish lymph.

Then Engage in Slow, Gentle Movements that Move the Qi

For this we will practice the set known as Hun Yuan Qigong. I find this set to be a marvelous way to stave off getting sick. Over the past two or three long winters, whenever I start to feel rundown—maybe on the verge of getting sick—I practice the slow motion Hun Yuan set for about 30-40 minutes. By the end of the practice I can feel a pulsing, whole body empowerment. There is a balanced magnetic warmth in my hands, ease in my breathing, and calmness in my heart and mind. I get a strong sense that the healing forces in my body have been renewed and reinvigorated.

Robert Bates is a healer and a teacher of healing. A 1990 graduate from Southern California College of Chiropractic, he came home to the 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 other Qigong forms. As a teacher he likes to encourage and inspire, while simplifying and getting to the essence of the art.