



ROBERT BATES HEALING



Introduction to Taoist Yoga

Stretch Your Muscles, Ligaments, Tendons, and Joints
Winter Qigong Classes

www.funwithqigong.com



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

When: Monday and Friday Afternoons, January 4 through March 5, 2010

Time: 12:00 pm to 1:00 pm **No Class February 05 or March 01**

Cost: \$80 for the entire series.

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

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

Stretch, Strengthen and Relax Your Joints

You'll like Taoist Yoga. It feels fabulous to do.

Taoist Yoga is a term often used to describe the many and varied stretching practices found in the vast cornucopia known as Qigong. Qigong stretching, also called such things as Dao Yin or Tao Yin, is different than most Hatha Yoga of East Indian provenance. Taoist Yoga, rather than being long-held postures, is always in motion. To put it simply, Taoist Yoga is more about movement and joint health than most stretching systems. Stretches are expressed, then released, in a breath or two. As a generalization, Taoist Yoga puts more emphasis on joints, ligaments, tendons and fascia than the more muscle-focused Indian Yoga. Taoist Yoga also engages in the Chinese-originated principles of Qi, which lends a different flavor from that of the Indian Subcontinent practices.

For those with experience in East Indian Yoga, Taoist Yoga can bring new insights to their practice. Taoist Yoga is also used as a kind of preventative or curative physical therapy for many joint problems.

In this class we will explore exercises from Liangong, Wuji Qigong, and Dao Yin (Tao Yin).

Robert Bates is a healer and a teacher of healing. He has been practicing various forms of Taoist Yoga, on and off, since 1997. After graduating 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.