



ROBERT BATES HEALING



Free Qigong in the Gardens

www.funwithqigong.com

Summer 2010



When: Mondays, July 5 to July 26
Time: 6:00 pm to 7:00 pm
Cost: Free
Where: 1095 East Axton Road
contact: rbbatesdc@comcast.net
-or- (360) 398-7466
Who: Anyone Interested, and their friends

Directions and Confirmations

There is no need to confirm you are coming. Just show up. However if you need directions, please contact me directly and I will send them to you.

Come to any of the classes you can get to, or to all of them.

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 wellbeing, ensuring longevity, and curing many ailments. Enjoy slow and gentle exercises that invigorate the body, calm the emotions, awaken the breath, strengthen will, and enliven the mind.

Gentle Exercises for Grand Results

This summer's focus will be on The Five Flows Set, and on specific Qigong Prescriptions. The Five Flows Set is a satisfying set of slow and gentle exercises that brings great balance to the body and calmness to the mind. Qigong Prescriptions are specific exercises designed to help particular health conditions. The Qigong Prescriptions will include exercises for several common problems, including colds and allergies, insomnia, hot flashes, heart issues, and nausea.

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.