



# 8 Treasures Qigong Class For Health and Well-Being

With: **Meggan Baumgartner**, MAcOM, LAc, Dipl.OM  
Certified Qigong Teacher      [www.healingpt.com](http://www.healingpt.com)

***Qigong** is a Chinese word that means “energy cultivation” or “energy exercise.” Qigong routines have been practiced in China for thousands of years in order to improve health and wellness. Many different styles of Qigong exist but most utilize a combination of conscious movement, breath awareness and visualization. Tai Chi is a form of Qigong for example.*

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**Qigong Class Details:**      Mondays and Thursdays: May 16, 20, 23, 27, 30 2019  
5:30 – 6:30 pm (5 classes)

**Location:** The Uma Center Large Activity Room at 414 S. Jefferson St. Across the street from the Moscow post office.

**Form Info:** This standing Qigong routine is aptly named to nourish the whole system (treasures of the body). It was originally formulated for monks who were sitting in meditation for long periods so they could stretch and open their tendons and overall body circulation. There are hand and leg movements, chanting sounds and stretching movements involved. It is a lovely, well-rounded form to relax your mind, cleanse toxins, nourish your tissues, build Qi and stretch your body parts.

Each class will consist of a small amount of teaching about Qigong and the particular support each move provides as well as instruction of the form components and group practice. Please wear comfortable clothes that do not inhibit movement.

Please plan to attend all classes. This is not like a yoga class where you can “drop in.” Each class will build upon the last.

**Pre-registration required by Mon, May 13th 2019.** Please fill out registration and liability form to submit with your payment to: PO Box 9381 Moscow, ID 83843.

**Cost:** \$ 75 (For those that have taken this class **from me** before, you may repeat it for the discounted price of \$50)      **Checks** Payable to: Meggan Baumgartner, LAc

**About the instructor:** Meggan has been practicing Qigong since 2001. She has worked with the Ling Gui International Qigong School ([www.linggui.org](http://www.linggui.org)) since this time and is certified by this school to teach a number of Qigong forms. Additionally, Meggan has practiced yoga and meditation since 1997. She co-founded the Healing Point Chinese Medicine Clinic in Moscow in 2007 and continues to practice Chinese medicine in Moscow, ID.

**For more information** or to register please call or email: 208-669-2287 or [mb@healingpt.com](mailto:mb@healingpt.com)      Registration form on my website: [www.healingpt.com](http://www.healingpt.com)