



1,000 Hands Buddha Qigong

For Health and Well-Being

A healing qigong method as taught by Liu Dong

With: **Meggan Baumgartner**, MAcOM, LAc, Dipl.OM
Certified Qigong Teacher 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.

Qigong Class Details: Mondays and Thursdays Nov. 26th through Dec. 17th ; 530p – 630p (7 classes)

Location: The Uma Center large activity room at 414 S. Jefferson St., Moscow. Across the street from the post office.

Form Info: This entire form is done in the seated position, making it ideal for those who find it difficult to stand for any length of time. It is deeply nourishing for the heart, calming the mind and enhancing intuition and spiritual connections. There are hand movements / mudras that guide the qi and heart through this form. Deeply enriching for winter time stillness. Sitting can be done on the floor (on a cushion for example) or in a chair.

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.

Cost: \$85 for 7 classes. 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.

Checks should be made out to: Meggan Baumgartner, LAc

Pre-registration required by Tuesday, Nov. 20th, 2018. Please fill out registration and liability form to submit with your payment to: PO Box 9381 Moscow, ID 83843.

CLASSES fill quickly. I will limit size for the best experience of the students. Please call or email to ensure there is space for your registration.

About the instructor: Meggan has been practicing Qigong since 2002. She has worked with the Ling Gui International Qigong School (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 contact: 208-669-2287 or mb@healingpt.com
Or visit my website to download the registration form: www.healingpt.com