

QIGONG CLASS



Fridays 8:00-9:30am
starting October 17th through December 19th (*no class 11/28*)
9 classes for \$110

This is essentially a meditation class. “Qigong” is the Chinese name for a complex set of physical and mental technologies that have been carefully developed over thousands of years to help facilitate proper meditation. Qigong is perhaps unique in the world of meditation in the way that it uses the body to access and focus the mind. It has its roots in the Internal Alchemy tradition of old China and this class will keep these roots alive. We will use the classical forms of the Eight-Piece Brocade and the Five Animal Frolic to prepare the vessel and collect the ingredients, we will use some of the simpler movements of Tai Chi Chuan to stoke the fire and circulate the water, and finally we will use sitting meditation to congeal the elixir.

No experience is necessary. Anybody can learn.
Pre-registration is required.



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