



Winter 2010

Bend Senior Center
**Chinese Essence
Qigong**

Chinese Essence Qigong

Adult 18+

#102568.1M

April 5– May 10

Mon 8:00-9:30 am

Chinese Essence Qigong is a gentle qi cultivation exercise that increases one's vital energy while simultaneously harmonizing this energy within the body and between the organs. It has been used effectively for improving general health and mental clarity, reduce stress, balance energy, and heal chronic diseases. Instructor: Steven Foster-Wexler, M.Ac.O.M., L.Ac, licensed acupuncturist and certified qigong instructor.

Registration deadline 3 days prior to class.

Fee: \$ 47 ID \$63 OD *C



Winter 2010

Bend Senior Center
Remedy Qigong

Remedy Qigong Adult 18+

#102569.1M

Jan 25–Mar 8

Mon 8:00-9:15 am

Qigong is a self-healing art that combines movement and meditation. Regular practice of qigong can prevent and treat illness, reduce stress, balance the emotions, and integrate body, mind & spirit. Qi (pronounced chee) is the Chinese term for life force or vital energy. Gong means to work with, or to have discipline. Qigong then, is a system of movements for working with one's vital energy. It will provide you simple routines that can be practiced alone or in groups. Instructor: Steven Foster-Wexler, M.Ac.O.M., L.Ac, licensed acupuncturist and certified qigong instructor. Registration deadline 3 days prior to class.

Fee: \$ 47 ID \$63 OD *C