

# Embrace Your Life!

## Winter Qigong Classes



Qigong boosts the immune system, slows the aging process, lowers blood pressure, reduces stress and anxiety, relieves depression and overall mood disturbances and enhances circulation, digestion, breathing and flexibility. Qigong increases energy, mental clarity and sensory awareness.

### Qigong Classes

#### Tuesdays

◆6:00-7:00pm starting 2/03/09 at the Centre for Health and Wellness 589 E 7<sup>th</sup> St., Bloomsburg

**Intro to Qigong-** ~4 sessions \$40~in this four week class the participants will learn the basics of qigong practice as well as experience a variety of simply qigong movements that they can incorporate into their daily lives.

#### Thursdays

◆9:00am-10:00am starting 2/12/09 at the Centre for Health and Wellness 589 E 7<sup>th</sup> St., Bloomsburg

**Sheng Zhen Healing QiGong 1-**a ten movement seated qigong form~6 classes~\$60

**Pre-registration by January 30<sup>th</sup> required**  
**For more information: Call 231-9427**

**Instructor:** Kimberly Kelly-Rigsbee is an acupuncturist and Qigong instructor authorized to teach Unconditional Love (Sheng Zhen) Qigong by Master Li Jun Feng himself. Her studies also include Crane Style, Dance of the Phoenix, Eight Silk Brocade, and Bone Marrow Cleansing Qigongs. Her personal warmth and passion for teaching create abundant learning opportunities for her students.

**Register:** Send check made out to Kimberly Rigsbee to the Centre for Health and Wellness, 589 E 7<sup>th</sup> St., Bloomsburg, PA 17815, ATTN: Kimberly Rigsbee.