

TIBETAN QIGONG CLASSES

Spring 2010 ~ Napa



TIBETAN QIGONG taps into the physical, mental, spiritual, intellectual & creative potential of the practitioner.

Thousands of years old, **QIGONG** has been shown to rapidly reduce stress and strengthen the immune system. Qigong techniques gather **qi** (*vital energy*) from nature and the universe to increase vitality & longevity, balance yin/yang energies, & release old, unhealthy qi from the body.

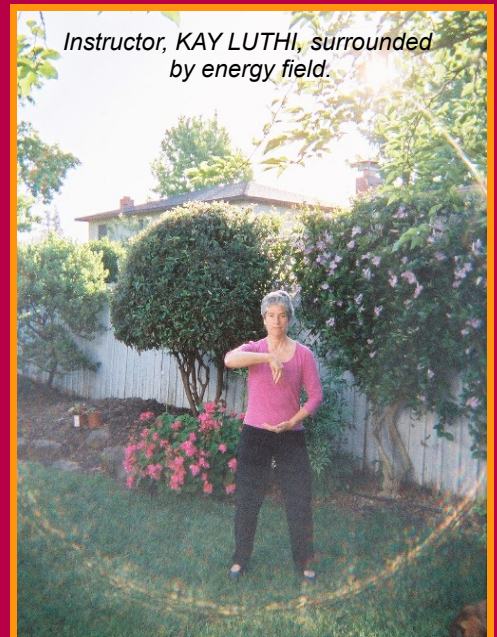
~ From the Teaching of Master Zi Sheng Wang ~

1/5-2/2/10 (6-7:30pm). FIVE ELEMENT STAKE – A gentle yet profound qigong based on the ancient theories of yin/yang bagua, five element theory & mudras. (Center for Tibetan Qigong-Napa Valley)

2/23-3/23/10 (7:15-8:45pm). ONE FINGER ZEN DYNAMIC FORM – A standing, meditative practice. Through nine different movements, this practice gives one the ability to quickly gather energy & clear the meridians of stress & blockages. (Napa Valley Adult Education)

4/13-5/11/10 (7:15-8:45pm). ONE FINGER ZEN STILL FORM – This rare & unique qigong uses gentle movements of the fingers & toes to balance the corresponding organ systems. Standing, sitting & lying down positions are taught. (NVAE)

5/25-6/29/10 (6-7:30pm). FACE MASSAGE & PATTING MERIDIANS – The energetic massage of the face & head recharges the qi field, promotes youthfulness, relaxes & nourishes one's entire being. Massaging the ears & patting the acupuncture points along the meridians stimulates the internal organs, helps disperse energy blockages, & balances the flow of energy. (CTQNV)



Instructor, KAY LUTHI, surrounded by energy field.

Each Class series meets 5 Tuesday evenings. Fee: \$90 (includes year round practices)

INSTRUCTOR, KAY LUTHI, is a black belt martial artist & student of Vajrayana Master & Tibetan Qigong Master ZI SHENG WANG (CHIYAN RANGDOR).

CENTER FOR TIBETAN QIGONG-NAPA VALLEY CLASSES – CALL 707.224.5613
or visit www.CTQNV.org. **NAPA VALLEY ADULT ED CLASSES – CALL 707.253.3594**
or visit www.adulted.nvusd.k12.ca.us.