

TIBETAN QIGONG ~ Napa, CA

Face Massage & Patting the Meridians

from the teachings of Vajrayana Master Zi Sheng Wang

Saturday, May 7, 2011

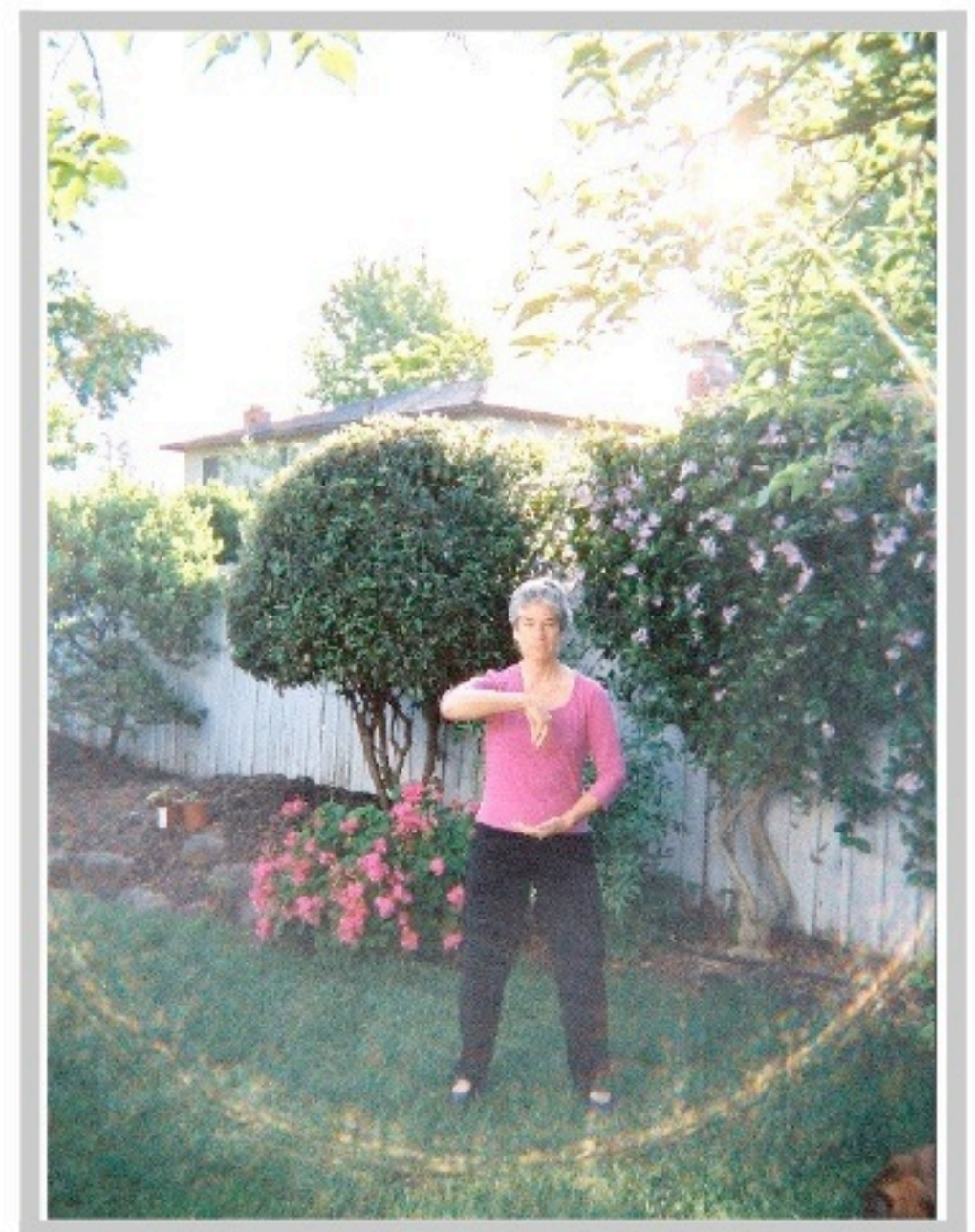
9am-12noon

Each of us is surrounded by an energy field. The size and strength of our energy field reflects the level of our physical, mental and spiritual health. After qigong practice, our energy field becomes larger, stronger and brighter.

Our whole body and both hands are filled with qi, or energy. As we lightly massage the acupuncture points on our face, head and ears, we **promote healthy blood circulation**. Regular practice shows on our face as a radiant, youthful glow. Good circulation is essential for **maintaining health and preventing disease**.

Gently patting the meridians (energy pathways) **promotes good qi and blood flow and also sends energy deep into the body to strengthen all organs and systems**. Face Massage and Patting the Meridians can be done standing, sitting or lying down.

All skill levels welcome!



Instructor Kay Luthi surrounded by energy field.

CLASS FEE: \$60-\$90 (sliding scale); 50% discount for 17yr & under or CTQNV members repeating the class. *Class fee includes ongoing weekly practice sessions.* Proceeds from this class will benefit the **JORU FOUNDATION** (www.jorufoundation.org) which is dedicated to the education of orphaned and underprivileged children inside Tibet.

Instructor KAY LUTHI, has studied and taught qigong for 25 years and is a student of MASTER ZI SHENG WANG. Kay is an authorized instructor for all 4 Level I Tibetan Qigong practices taught by Master Wang.

Location: First United Methodist Church, 625 Randolph St., Napa, CA.

NOTE: LOCATION OF CLASS IS SUBJECT TO CHANGE.

Sponsored by THE CENTER FOR TIBETAN QIGONG-NAPA VALLEY, a 501(c)(3) organization.

To REGISTER & confirm class location call 707.224.5613 or email info@tibetanqigongnv.org.
For more information about TIBETAN QIGONG visit www.CTQNV.org or
www.kayluthi-tibetanqigong.com