



TIBETAN QIGONG CLASSES ~ Napa, CA

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.

TIBETAN QIGONG quickly taps into the physical, mental, spiritual, intellectual and creative potential of the student.

TIBETAN QIGONG CLASSES ~ MARCH/APRIL 2012

FIVE ELEMENT STAKE – Saturdays, March 17, 24 & 31. 9-10:30am. Gather qi from nature & the universe: a gentle, standing qigong based on the ancient theories of yin/yang bagua, five element theory & mudras. Proceeds will benefit the Center for Tibetan Qigong-Napa Valley.

ONE FINGER ZEN DYNAMIC FORM – Wednesdays, March 7, 14, 21 & 28. 6-7pm. A standing, meditative practice. Through nine different movements, this practice gives one the ability to quickly gather energy & clear the meridians of stress & blockages.

ONE FINGER ZEN STILL FORM – Saturdays, April 14, 21, 28. 9-10:30am. This rare & unique qigong uses gentle movements of the fingers & toes to balance the corresponding organ systems. Standing, sitting & lying down positions are taught. Proceeds will benefit CTQNV.

FACE MASSAGE & PATTING MERIDIANS – Wednesdays, April 4, 11, 18 & 25. 6-7pm. 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.

INSTRUCTOR, KAY LUTHI, has 25 years experience teaching and studying qigong and is student of renowned healer and Tibetan Qigong **MASTER ZI SHENG WANG (CHIYAN RANGDRO)**.

FEE: \$90 each series. Enroll in 2 series & save 20%! Fees includes *year round* practice sessions.

LOCATION: All classes will be held at the Bodhi Tree Holistic Health Center (www.btnapa.com), 1535 Jefferson St., Napa, CA

To Register call 707.224.5613 or email kayluthi@gmail.com. PayPal accepted.

**For more information about Tibetan Qigong, instructors & classes
Visit kayluthi-tibetanqigong.com or CTQNV.org (Center for Tibetan Qigong-Napa Valley, a CA nonprofit).**