



# QIGONG FOR HEALTH & HEALING WORKSHOP

Saturday November 8, 2014

Triad Yoga Institute 1:30 – 5:00 pm

You are invited to experience the wellness benefits of Chinese Qigong. Qigong means “breath & energy practice.” In this workshop, we will explore traditional methods of strengthening oneself through exercise and meditation. Focusing on Medical Qigong, we will explore the benefits of a variety of movements to target common health issues, including: arthritis, stress, heart disease, cancer, and many others. Our aim is to create a personal prescription of qigong exercises which will empower us to prevent and/or heal from a variety of conditions using a workout that can be performed in just ten minutes! A DVD of the exercises is available to ensure successful home practice!

Qigong is a life-enriching path of rejuvenation and self-actualization, and a wonderful compliment to all other physical, mental, and spiritual endeavors.

*[Open to all levels of experience. Recommended for energy workers, fitness trainers, martial artists, massage therapists, yogis, nurses.]*

Where:	Triad Yoga Institute, 3940 W. Market St., Greensboro, NC
When:	Saturday November 8, 2014 1:30 – 5:00 PM
Fee :	39.00 (if pre-registered by October 31) or 45.00 thereafter
Call:	336-449-3284 for more info and to register by phone

**Your Instructor** - Sifu Eric Reiss has practiced T'ai Chi Ch'uan & Qigong since 1973, when he began studying with Dr. Marshall Ho'o, who certified him as First Rank Instructor in 1989. In 1999, Sifu Reiss founded the Silk Tiger School of T'ai Chi Ch'uan. A published author and lecturer, Sifu Reiss teaches throughout the Piedmont region of North Carolina. [www.silktigertaichi.info](http://www.silktigertaichi.info)

