Medical QiGong Healing Workshop

Saturday, August 28, 10 am - 6 pm, Balanced Movement Studio, Carrboro
Workshop with Certified Medical Qigong Practitioner, Windee Willoughby

Learn the basics of Medical Qigong, a profound yet amazingly simple self-care system that corrects electromagnetic imbalances so the body can strengthen and regulate its internal organs, nervous system and immune system.

Qigong’s gentle movements can be practiced by anyone regardless of ability or age in order to improve stamina and feel and perform at peak efficiency.

- **1-10 Meditation** A powerful beginning meditation
  - Relax sink and root the mind.

- **Old Man searching for the Reflection of the Moon at the bottom of the Tide Pool**
  - A healing sound exercise for emotional cleansing

- **Medical Qigong Workout** - A powerful 20-minute routine that can:
  - Improve physical strength and energy
  - Relieve pain, illness and other physical problems
  - Improve physical fitness and mental well-being
  - Provide a feeling of calm, comfort, balance and rejuvenation
  - Increase longevity and overall health
  - Increase your own healing intuitive powers

- **Chi Self Massage** - An easy-to-learn massage technique that
  - Stimulates Qi and blood.
  - This is an excellent technique for maintaining good health.

- **Breath Practice** - Learn to breath like a baby from your lower abdomen

Optional 1-hour Sunday morning practice session to clarify your new qigong skills.

Windee Willoughby took her first medical Qigong class 18 years ago. She first used this ancient wisdom to heal herself of chronic fatigue syndrome and fibromyalgia, and then came to understand what a profound healing system it is for not only the physical body, but also the emotional and spiritual. She is a certified medical Qigong therapist through study with the International Institute of Medical Qigong and Henan University of China. She teaches medical Qigong classes and offers private therapy, based in Franklin, NC, where she lives with her husband and three happy dogs.

**Registration:** [http://healingtaoworkshops.com/](http://healingtaoworkshops.com/)

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