

QIGONG FOR ADULTS 50+

SWIMMING DRAGON QIGONG



The Swimming Dragon Qigong is an ancient Chinese exercise that comes to us through the Taoist Tradition. If practiced diligently and regularly, it has the power to improve our health, enhance our physical appearance and promote our general well-being. It is especially celebrated for its ability to improve skin tone and control weight without dieting but the main purpose of it is to increase the production of vital energy known as “Chi” and to enhance its circulation throughout the body. In this 4 week class, you will learn:

- (1) The major Qigong Points in the body;
- (2) Qi Ball Exercises;
- (3) Soaring Dragon Feeds on Qi;
- (4) The Swimming Dragon and;
- (5) The Sitting Dragon Meditation.

Enroll TODAY for 4 weeks of classes from March 19 - April 9, 2019 @ 10-11:00 a.m.

Classes conducted at:

Willingboro Senior Center, 429 JFK Way, Willingboro, NJ 08046

Cut on dotted line below & return below portion with your non-refundable remittance

QiGong for Adults 50+

“SWIMMING DRAGON QIGONG”

Mar 19 - Apr 9, 2019

Name: _____

Address: _____

City/Town: _____ State _____ Zip _____

Phone: (_____) _____ Email: _____

Make your payment of **\$21.33**: Cash Credit Card Apple/Android Pay Invoice Check (# _____)

Make payable to: QISSAGE BODY SYSTEMS, LLC

3 Warwick Rd Eastampton, NJ 08060

For more information, contact SiGung Jon Walker, PhD @ (609) 923-4999 or email: yangqichen@aol.com