

# QIGONG FOR ADULTS 50+

**CHAN SI JING:**

## ***“The Silk Reeling QiGong”***



Chan Si Jing (*The Silk Reeling QiGong*) is a precursor to developing the proper energy that should be utilized in the Tai Chi Chuan forms. Of the different schools of Tai Chi Chuan, only the Chen School discusses how to apply the Chan Si Jing. The manipulation of Qi or the flow of energy, is like the movement of a silk thread when pulled from a cocoon. This course will teach several exercises that apply the theory of the Chan Si Jing while students also develop a wonderful means of cultivating, circulating, storing and utilizing the health benefits of great Qi movement.

***Enroll TODAY! Classes from Mar 17 - Apr 7, 2020 @ 10-11:00 a.m.***

***Classes conducted by SiGung Jon Walker, PhD at:***

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

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QiGong for Adults 50+

“Chan Si Jing: The Silk Reeling QiGong”

Mar 17 - Apr 7, 2020

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Make your payment of **\$26.66**: Cash Credit Card #... \_\_\_\_\_ Apple/Android Pay 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](mailto:yangqichen@aol.com)