



year of the metal **TIGER**

WEDNESDAY 02/24/10

5:30 – 6:30 pm

Light snacks provided

- **TAI CHI & Qigong**

We'll learn movement and breathing to enhance and support your daily wellness practice.

- **MORNING ROUTINE**

Learn a 10-minute qi gong & acupressure routine to wake up and invigorate you!

- **EVENING ROUTINE**

Learn a 10-minute nighttime routine to relax and promote a good night's sleep.

- **REGISTRATION**

\$20 Pre-register by Feb. 20 to reserve your space in class. Class will be held at Madera Architectural Elements (below Abundant Health @ 2210 Court A).

A QI GONG & SELF CARE CLASS TO PROMOTE YOUR DAILY HEALTH

Let the Year of the Tiger bring you luck and vitality! Learn Qigong & self-care techniques from Traditional Chinese Medicine (TCM) in this interactive workshop. We'll learn a 10-minute morning self-care routine to promote energy and vitality throughout the day. Then, you'll learn a 10-minute self-care routine to promote sound sleep and prevent insomnia. You'll learn Qigong from Karen Hannegan, who is a certified tai chi & qigong teacher through Dr. Paul Lam's Tai Chi for Health. She presents weekly classes at her Tao Kuan Studio.

Lisa Taylor-Swanson, LAc, will teach the self-care portion of the class. Based on TCM principles, you'll learn acupressure and self-care to promote vitality and deep sleep. TCM is a 2,500-year old tradition which looks at the body and health by taking into account one's entire being – body, mind and spirit. Lisa is known for her down to earth explanations of this ancient and seemingly exotic medical tradition.

Abundant Health

Natural healthcare for the whole family