



# Qigong

## ***Movement, Breath & Meditation***

Qigong, sometimes translated as “vital energy cultivation”, is an ancient Chinese exercise and healing technique that can help us have more awareness and control over our “life force”. We can re-learn to move freely and naturally with the whole body connected both structurally and energetically. It can be practiced by anyone, at any age.

*I'm excited to be sharing the techniques I've learned from my masters in my studies in China. I believe these practices can have a profound effect in reducing stress and anxiety and optimizing health of body and mind, allowing us to live in harmony with ourselves and the environment around us.*



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