



Taoist Qi Gong

Ba Tuan Chaun - The 8 Flowing Forms
a standing form as taught by Taoist Master Lily Siou
plus Chinese Taoist philosophy and health practices

with
SUZANNE E. SKY, L.Ac., MTOM
Masters in Traditional Oriental Medicine

February 16 - April 19
Thursdays: 5:30 to 6:30 PM
call for location & to register
please wear loose, comfortable clothing
Full Session - 10 classes: \$97

~ Pre-Registration Required ~

drop-ins welcome: \$12/class

CALL 541.488.9696

Qi Gong (*chee gong*) is a meditative and a healing art that was developed in China about 4,000 years ago. Gentle, contemplative movement helps unify body, mind and spirit.

Through regular practice:

- Qi (vital energy) is cultivated and the flow of Qi through the organs, tissues, meridians and systems of the body is harmonized.
- The nervous system becomes balanced.
- Stress is released.
- The breath becomes even, deep, relaxed.

Thus, a calm spirit is nourished, allowing peace to pervade our cells and healing to prevail!

The Eight Flowing Forms (*Ba Tuan Chuan*) is a simple, standing form that cultivates Qi and builds strength, flexibility and resilience when practiced regularly.

Suzanne teaches beginning level Qi Gong as part of her mission to offer simple, self-help healing modalities. Qi Gong is a fun and rewarding practice that can complement any other practice, from meditation, prayer, yoga, Pilates to running.