

– SOPHIA Healthy Lifestyles Seminar Series –  
**Medical Ch'i Kung for Health**  
Saturday, June 7, 2008 1:00 – 3:00 p.m.



**Ch'i is the universal life force, the energy of humanity and of all life in the universe.**

It is the energy that is found in all living beings. For health and vitality we must cultivate and nourish our ch'i. **Ch'i Kung** (qigong) is the study and cultivation of ch'i. Chi Kung is an integration of physical postures, breathing techniques and focused intentions. It is a system practiced for maintaining health, for healing and for increasing vitality.

**In this workshop, ancient exercises of cultivating Ch'i or Energy will be discussed and practiced.**

- Gentle cardio exercise. Exercises are easy and simple to follow – 10 minutes a day.
- Boosts immune system.
- Stimulates and balances energy system
- Benefits seen: alleviating back pain, anxiety, immune support.
- Develops awareness, mental clarity.

**No experience necessary.**

*Wear loose comfortable clothing.*

**Price: \$20.00**

**A FREE Digital Meridian Analysis (DMA) will be offered to all attendees to help assess your meridian energetics. Reserve your DMA screening immediately following this seminar, or within 1 week of the seminar.**

**Call (203) 740-9300 to register or at the front desk.**