

# Change Your Life

- **Discover and Apply Bio-energy Medicine**
- **Create a Peaceful Mind**
- **Achieve Mind and Body Harmony**

*The ancient art and practice of Qigong, like acupuncture, is based on the "Qi," or internal energy patterns in the body." Qi" in Chinese means the life force or vital energy, and "gong" means the results or achievement of work or cultivation. In Qigong we cultivate this energy, or "Qi," to prevent and heal illnesses, improve the quality of our lives and increase longevity. This practice allows the body's systems to work with higher efficiency and fosters the expression of healthy genetic information.*

*In this foundational class (level-1A) you will learn a series of gentle and relaxing movement and breathing exercises designed to provide:*

- *Restored energy and a deeper sense of well being*
- *Increased circulation*
- *Improved sleep*
- *Enhanced immune system*
- *More harmony and balance in daily life*

## **Eight-week Class**

Fee...\$75 (plus \$10 annual Boeing Tai-Chi Club membership dues required)

Mondays 4:30 – 6:00pm

Beginning Monday, September 14<sup>th</sup> at Boeing Aviation Services Towers (Duwamish)  
in the main conference room

To register, contact Dave Sinclair (certified instructor) at: 866-580-1676  
or send him an email at: [summ8@comcast.net](mailto:summ8@comcast.net)

Come as you are...no athletic attire required...exercises can be done seated.

**All ages, body types and fitness levels welcome!**

**Yi Ren<sup>®</sup> Qigong**