Together, we Move, Harmonize, Flow, Nourish. Qigong with Ingrid

Wednesdays August 14 – September 11

11:00 Dance (Dawu) Qigong

Little Current United Church
5 Robinson Street

(Fridays at 11:00 in Manitowaning until mid-October.)

One hour per week **no charge for seniors over 65**. Other times available for private or semi-private sessions. Sliding scale for others $10 - $20 per session. To register, contact Ingrid at 705-229-4916 or sweethollowsinfo@gmail.com

Qigong means breath work or life force energy work. Qi (or ki or chi) has many translations including breath, wind, life energy or universal energy. It is part of us and our interconnected world.

We start each session with Reiki meditation (a Japanese method that includes chakra balancing). After a walking or circular movement warmup, we will practice together the flowing movements of qigong, using story and of animal analogy to remember the movements. We conclude each session with a Jin Shin Jyutsu harmonizing hand position (a method that encourages joyful breathing).

Dance (or Dawu) qigong was designed to mobilize major joints and requires an ability to stand and maintain your balance with minimal support (such as holding onto the edge of a chair). The 8-Silk Brocade routine is more adaptable to sitting or standing, so this session includes mobility-impaired practice. It is a marvellous refresher when you are feeling tired or achy. Both routines are great for encouraging calmness and peace and as a daily practice to de-stress your life.

Sweet Hollows Haven

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