

About "Posturing for Health: Qigong", with Bill Bryan and Gina Loree Marks

What is Qigong? Pronounced **chee kung** ... the actual definition is any training or study dealing with Qi (chee) which requires time, energy and patience.

Qigong is an ancient Chinese practice of moving the body in an intentional, meditative way... unifying the breath, body and the mind, in order to affect the Qi, or bioelectric current of the body for the purpose of health. It's deceptively simple, but quite effective in the relief of many common aches and pains – even issues that have suggested surgery or medication – the management of stress, gaining more energy, clarity, and strengthening of the immune system.

The Eight Pieces of Brocade is the form that we teach, and is based on the work of Dr Yang, Jwing-Ming. "Brocade" is a type of heavy, luxurious cloth, and like the exercises, offers warmth and protection for the body, as well as a glowing appearance.

Because Bill and Gina are bodyworkers, the format of this class is designed to give the students a working definition of terms, an understanding of how their bodies work, and an explanation of how the qigong movements are affecting their bodies from both an eastern and western perspective. We believe that the participants will receive much greater benefit from the routine when they know why it works, and can then adapt the form to their own needs.

Using powerpoint, handouts and Dr Yang's book, "Eight Simple Qigong Exercises for Health", we cover topics such as fascia, the branches of the nervous system that create the relaxation and 'fight or flight' responses, what stress really is, what 'good' posture' really is, the five 'regulations' or foundations of qigong, and experientially explore the concepts of 'grounding' and 'centering'. We also suggest why we think these simple exercises are believed to enhance vitality and strengthen the immune system.

Each class begins with a period of theory and discussion, building upon the foundations of the previous classes, and then introduces two new exercises. In ten weeks, you will learn eight standing moves and eight sitting moves: two complete routines that can be done in whole in 20–30 minutes, or in segments as needed. We allow time for the sharing of experiences and questions, and then practice as much of the routine as we've learned, reinforcing the routine with repetition so you can practice it at home.

We hope that you will come away from this class with not just another exercise routine, but with a deeper understanding and appreciation of your body, how it works, and how you can safely and naturally improve your own health.

To register, please call Bill: 484-798-8029, or Gina: 610-304-5120, or visit EmbodyGrace.com