

Qigong and Taijiquan

Cultivate Your Health, Vitality and Spirit!

Sebastopol Classes

Monday Evenings 5:15–6:15 pm

8 Storing Qi & 8 Healing Sounds, all levels

2 of Yin-style Bagua's sets for building strong and sensitive qi in their medical practitioners, and general strengthening and healing.

A traditional and natural way of harmonizing oneself with the functions and activities of qi in the world around and inside us.

Downtown Dance Art Space, 172 North Main Street

Next to the Sebastopol Cookie Company

Saturday Mornings 8:30–10 am

Warmups and Yang-Style Taijiquan

Drills on the fundamentals, theory, long form training

Libby Park, North Pleasant Hill and Valentine streets

Look for us by the pond or on the basketball courts.

Dress for the weather.

Start Qigong anytime, start Taiji the first class of any month.

Monthly Fees: 1 Class–\$30, Both–\$50

Qigong Drop In–\$10

The Instructor–

David Parker has studied Chinese martial and meditative arts for twenty-eight years. He is a certified acupressure and massage therapist in private practice since 1984, and is the owner of Integrative Body Works in Sebastopol. David teaches in a clear and friendly manner, openly sharing his knowledge of the theory and practice of Qigong and Taiji.

Qigong and Taijiquan (Tai Chi Chuan)–

Qigong is a general term for all sorts of Chinese bodymind cultivation arts, literally it means “breathing work”. Qigong combines posture and movement with breath and focussed mind practice. Qi itself is a force that moves all things in life. As our blood and qi circulation becomes stronger and more organized through regular practice, everything in life functions more smoothly.

Qigong comes in various shapes and flavors, from quiet standing meditation to vigorous moving styles. I have chosen a selection of forms with Taoist and Buddhist origins, and teach them in a step by step manner that will slowly build up your sensitivity, awareness and strength. This work is simple at the beginning and endlessly deep as one progresses, valuable for people with only a little time to practice, or a lifetime to learn. Come join us in the spirit of Qi, and learn some new skills. It's fun, rewarding and makes you feel great!

For more info– call David at 824-9630

www.Qigongfu.com