

FIRST CLASS SERIES: THURSDAY SEPT 5-OCT 24 5:30pm



QI GONG

Qi Gong (chi-kung) means “becoming skilled with life’s energy”. Qi Gong exercises are easy on the body. It harmonizes the mind with focus, body with relaxation and structure, and breath in movement. You can practice it standing or sitting. Qi Gong is great for everyone and all ages for health, strength and wellbeing.

Beginning Qi Gong

The class will go over the Fundamental Wei Tuo Qi Gong form, aka the 8 Minute Drill. It is designed to be simple in movement, yet extensive in benefits of health, strength and much more. It has stretches, simple standing meditation and movements. It has 6 sections, each with specific goals. We will not only go over the movements, but also the understanding necessary to maximize the practice. It is great for people of all ages and all interests.

MASTER JONATHAN SNOWISS

Master Jonathan Snowiss has practiced Qi Gong, Kung Fu and Tai Chi for more than 30 years. He lived in Shanghai, China to study Chinese, Qi Gong, Tai Chi, and Martial Arts. He was the head instructor at the Wei Tuo Academy for 9 years. He has also given many lectures and published “*Climbing the Mountain: The Essence of Qi Gong and Martial Arts*”. After realizing the need for coaching, Jonathan is now being certified as a health/wellness coach.

Qi Gong Health Benefits

- *Better Balance*
- *Stronger Lungs*
- *Concentration*
- *Better Sleep*
- * Awareness*
- *Inner peace*
- *Flexibility*
- *Stamina*
- *Improved Immune System*
- *Overall health*
- *More energy*
- *Anger management*
- *and much more!!!*

Call or Email to Register:

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