

DRAGON AND TIGER MEDICAL QIGONG

AUGUST 12, 19, 26, 2017 - 10:30 TO NOON

CHINESE CULTURE CENTER – 427 Adams SE (near Washington and Zuni)

Dragon and Tiger (D&T) Medical Qigong is one of the most direct and accessible healing systems to emanate from China where it is known as a superior low-impact health maintenance exercise grounded in spirituality. This 1500 year old self-healing medical qigong is based on the principles of acupuncture. D&T is composed of seven simple movements – one set only takes 15 minutes. Movements are soft, circular and fluid, enhancing your overall ability to move gracefully. Practice relaxes and softens all the body's muscles and soft tissue and improves blood circulation. Invigorating, yet calming, D&T will help you release stress and pain and enhance your energy level. D&T is one of the most beneficial qigong sets ever developed. It can be practiced by virtually anyone regardless of age or current state of health. Many students find it a fun set to practice and when they do it they actually begin to feel qi. Practice will increase your range of movement – especially in the upper body. D&T is especially renowned for simultaneously accomplishing three major changes in the body that are necessary for healing:

- Releases stagnant qii that cannot move freely. Stagnant qi can be located anywhere there is a physical, emotional or psychic blockage of energy;
- Increases the speed, strength and evenness of the circulation of qi, blood and other fluids. This balances the body's energy;
- Quickly raises the energy levels of the body to boost your natural healing capacities.

Other possible topics to be discussed during this class are: 3000 year old cloud hands developed by the Chinese philosopher Lao Tzu (author of the Tao Te Ching); differences between qigong and nei kung; body alignments to enhance qi flow; how fascia plays an important role in enabling qi to flow readily through the body; pulsing (opening and closing) the joints of the body to increase qi generation thereby increasing the energy of the body; pulling and pushing qi in the body; knee health and relief of knee pain; and relief of shoulder, neck, and back pain. Students will be working directly with the instructor and other students. This will be a three month class three weeks per month – August, October and December 2017 (actual dates to be determined in October and December).

This seminar is being taught by Marcia (Marcy) Pincus who first started practicing martial arts in 1986. She has since become a certified Energyarts instructor for Dragon and Tiger Medical Qigong. She has been studying with Energyarts' founder Bruce Frantzis since the early 2000s. Master Frantzis holds Chinese lineages in tai chi, bagua, hsing-yi, qigong, and Taoist meditation. He is a Taoist priest and spent 16 years in Asia including 11 years in China. During his time in China he treated thousands of patients using qigong, tui na, and meditation. He has been involved in many various types of martial arts for over 50 years. In the past 20 years, Master Frantzis has emphasized in his classes health, energy, and aging gracefully.

Questions, please call Chinese Culture Center at : 268-7023

Monthly fee: \$65.00