

Spring Forest Qi Gong – New program starting April at WCA

Looking for Way to Improve Your Wellbeing?

Qi Gong (pronounced Chi Gong) is the art of breathing. Qi = energy, Gong = to work, to practice and to transform your energy. This practice is a way to connect to your inner and outer body. Deep breathing is way to calm your nervous system, which helps in relaxation. Giving your body some time to repair and rejuvenate. Qi Gong calms our very busy minds, decreasing our stress. In today's world we are running off to work, driving the kids to their commitments, sitting on our computers too much. Not taking a much needed break for our well-being. Most of us are guilty of this. By adding in even 5 minutes of Qi Gong can improve your moods, decrease pain, swelling and improve your sleep. We all need reminders to breath deeply and stay connected to ourselves.

Spring Forest Qi Gong incorporates deep breathing, focus, as well as simple and gentle movements that help you to open your energy meridians. Creating more balance in your mind, body and spirit. This practice can be done standing or sitting, or even lying down.

As a Spring Forest Qi Gong Instructor, I see the benefits in adding in this practice to what you already are doing. Whether you are a yoga enthusiast, Tai Chi student, you have a meditation practice or even a runner, you will find a deeper connection and create peak performance in what you do.

Please join me at Woodcreek Community Centre Monday evenings (excluding holidays) 7-8:15pm

Diane Smith

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