



Qi Gong for Coherence and Flow

of Body, Mind, and Breath

**Sunday, January 21, 9:30 - 4:30
at the Belfast Dance Studio**

with Paul Weiss

Working with breath, music, visualization and gentle movement, this class gives you an opportunity to experience your body, energy, and spirit in a new and delightful way – a way that opens up the infinite dimension of who you are.

***Qigong*, as we teach it, is the very holistic practice by which we address and reverse the dysfunctions of aging, stress, and cultural conditioning by promoting unity and flow of body, breath and movement -- in harmony with the heart and the awareness; and restoring a coherence of body and spirit with the vital energy field that animates our life and all life**

Cost: \$85.00 To register, or for more information, call The Whole Health Center at 288-4128 or email us at: info@thewholehealthcenter.org.

Paul Weiss, who founded The Whole Health Center in 1981, began his tai chi practice in 1967. He has studied in China on ten occasions, where he was certified to teach by three different schools of qigong.