

QIGONG BASICS FOR OPTIMAL HEALTH & WELL BEING

with Jan Gillespie

5:30pm - 6:30pm • Starts Thursday, Sept 12, 2013



These classes are accessible to students at all levels of experience.

Qigong Basics for Optimal Health & Well Being

Embrace these stress reducing and rejuvenating techniques based on the Five Elements. You can expect stress reduction and rejuvenation from these simple flowing exercises based on the Five Elements! Cultivate your internal energy, quiet the mind, strengthen the immune system, feel centered and grounded through conscious breathe and movement. Learn a Walking qigong practice for your nature walks. My classes are accessible to all levels, including those with an established practice, beginners and those who need to do the work while seated. Leave with a smile on your face!

**10 Wk Program:
Sept 12 - Nov 14 • \$100**

**(Includes Tranquility Nature Trail
access and a \$25 off coupon to-
wards 1 Wellness Treatment)**



Jan Gillespie is a graduate of the Integral Institute of Qigong and Tai chi Easy (IIQTC) teacher training with Roger Jahnke at Omega Institute in Rhinebeck, New York. Her enthusiasm about the healing benefits of qigong called her to begin studying practices for self-healing with masters in the field of qigong and tai chi. Healing Tao USA, Master Zhongxian Wu, Jeffrey Yuen, Master Li Jun Feng of Sheng Zhen Society and Jin-guiQigong, and Master Wen Ching Wu to name a few. Jan's teaching method invites all persons of all abilities and ages to participate in the practices. She believes that through conscious movement and an open

heart we find joy and health.

Pre-registration required • Program space is limited • Drop-ins available, must be prearranged

Call for space availability • To register or for more information:



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