



Qigong

Life Wellness Centre is offering a series of stand-alone Qigong workshops taught by Pauline Reid

These workshops will focus on simple and subtle movements designed to cultivate, enhance, and balance Qi (Chi) – to benefit mind, body, and spirit.

March 30th – Introduction to Qigong - What is Qigong? Where does it come from? How and why do you do it? Get some answers and learn simple Qigong movements to integrate into your daily life.

June 8th – Qigong for Mindful Stress Relief - Learn an easy Qigong form to help you manage the effects of stress on your mind, body, and spirit. De-stress, relax, breathe, and enhance your immune system.

September 21st – Qigong Meditations - Explore Qigong as a meditation practice.

Time: 10 am to 12:30 pm

Location: Life Wellness Centre
13455 Sunrise Valley Dr.
Suite 300
Herndon, VA

Cost: \$45

Register: Life Wellness Centre 571-643-0255

- Workshop limited to 11 students.
- No prior experience necessary.
- Wear loose, comfortable clothing.

About the teacher:

Pauline Reid has been a practitioner of the internal arts since 1989, and she started teaching in 1997. Her interests have included Qigong, Tai Chi, Yoga, and Reiki. Pauline has studied and received certification in several styles of Qigong and was awarded Advanced Instructor Level 3 certification from NQA. She is a member of the Peaceable Dragon consortium and teaches classes, workshops, and private instruction in Northern Virginia. See her bio at www.peaceabledragon.org.