

SOARING CRANE QIGONG FOR HEALTH



Taught by
TERI APPEGATE, MACOM, LAC
Mondays at 4:15- 6 p.m. for 4 weeks
October 3rd -24th, 2011

This introductory class in Soaring Crane Qigong provides instruction in basic *qigong* concepts & meaningful forms to enhance overall wellness. This qigong system is classified as medical qigong and has ranked in the top three in Chinese qigong forms since the 1980's.

An ancient Chinese moving meditation, this tradition of *qigong* uses one's mind to guide the *qi* (energy) in one's body to open up energy pathways that promote improved health. Potential benefits include pain management, improved concentration and sleep, decreased depression, increased energy & well-being. *(However, this qigong system is not recommended for those diagnosed with bipolar, schizophrenic, or borderline disorders.)*

Designed for all physical abilities, the remedy routines that will be taught have benefited those living with illnesses such as cancer, ALS, MS, and chronic fatigue. Forms consist of slow continuous movements that can be done standing or in a seated position. As one's health and strength returns, students may choose to progress to the more active Five Routines, considered the heart of the Soaring Crane Qigong system.

This four week session is comprised of 1.5 hour classes on Mondays from 4:30 to 6 p.m. from October 3rd through October 24th. Participants should wear comfortable clothing and bring slippers or indoor dedicated shoes. A minimum of 9 participants will be needed in order to conduct the session.

Tuition: \$72 for 4 week session

Location: 222 Etruria St. #200, Seattle, WA 98109
(1 block South & 1 block West of Fremont Bridge)

For more information contact Teri at qigongclasses@aol.com or 206-778-9907

Teri has a master's degree in Acupuncture & Oriental Medicine from Oregon College of Oriental Medicine. Studying extensively in China, she is the lineage holder of Soaring Crane Qigong. Since 1999, Teri has been dedicated to improving the quality of life for those living with critical and chronic illnesses through treatment, and in teaching at Portland's Providence Hospitals, Seattle's Cancer Lifeline, Bastyr University, & Everett's Providence Regional Cancer Partnership. Teri's private practice is in the Fremont area where she now teaches.

Soaring Crane Qigong
introductory class
Mondays, October 3 - 24, 2011

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

EMAIL: _____ PHONE: _____

PRIOR QIGONG EXPERIENCE: _____

HEALTH CONCERNS OR SPECIAL NEEDS: _____

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(1 block South & 1 block West of Fremont Bridge)

Send Registration & Check to: Teri Applegate
PO Box 33742
Seattle, WA 98133

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