

# El Granada Weekly Qigong Classes

**Tai chi and Qigong is to China what Yoga is to India**

Brought to the West by Bruce Frantzis, and taught by Judy Pruzinsky, L. Ac.  
Since 1990, Judy has been studying with and certified to teach by:  
Bruce Frantzis, Mantak Chia, Gilles Marin, and Jerry Allan Johnson

**Qigong can be called exercise  
it can be called meditation  
it can be called moving mediation**

Qigong will increase your ability to better know your body and emotions. In class, we focus inwardly on how we move and what we feel. Letting go of a multitude of distractions, we enter into stillness, and we attend to our own well-being. This is a powerful medicine that no doctor can provide for us.

***Thursday 7:30 - 8:30 pm***

***Eight Weeks: March 2 - April 27th***

**(no class on March 9th)**

In China, Dragon and Tiger is practiced by 20 million people to treat degenerative disorders such as arthritis, asthma, and cardiovascular disease. It is also prescribed to help cancer patients.

In Dragon and Tiger you will learn how to stretch and move your joints, release tension, and increase stability in the way you stand and walk. By tracing acupuncture lines of your body, you clear out blockages (pain/disease). This increases the circulation of chi, blood, and other bodily fluids, resulting in more energy, better immunity, and decreased stress.

All classes include special attention to alignment, breath, and meditation.

**418 Sevilla Avenue, El Granada**

Sliding scale: \$160-200 if paid by February 20th (\$185-225 thereafter)  
No one will be turned away for lack of funds

Class size is limited.

**For registration and information:**

**(650) 759-1739 [kkoberna@comcast.net](mailto:kkoberna@comcast.net)**

***Please invite a friend!***