

# Half Moon Bay Weekly Qigong Class

*Tuesday 1-2 pm*

No class December 12 nor 26th. Then class will be weekly, starting on January 2!

## 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

Any way you speak of it, 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.

***Proper Body Alignment*** can help you to stand tall, move gracefully, reduce pain, attain clarity of mind, and connect with your core.

***Movement*** from a place of alignment will increase one's balance and stability, core strength, and flexibility and decrease potential for falls. These movements increase blood circulation, assisting in overall vitality and healing.

Movement may be done standing or seated in a chair.

***Taoist Longevity Breathing*** goes beyond increasing oxygen capacity. Learning to breathe properly is one of the most important healing components to pain reduction, relaxation, improved mental focus, rejuvenated sleep, graceful aging and spirituality.

***925 Main Street, Half Moon Bay***

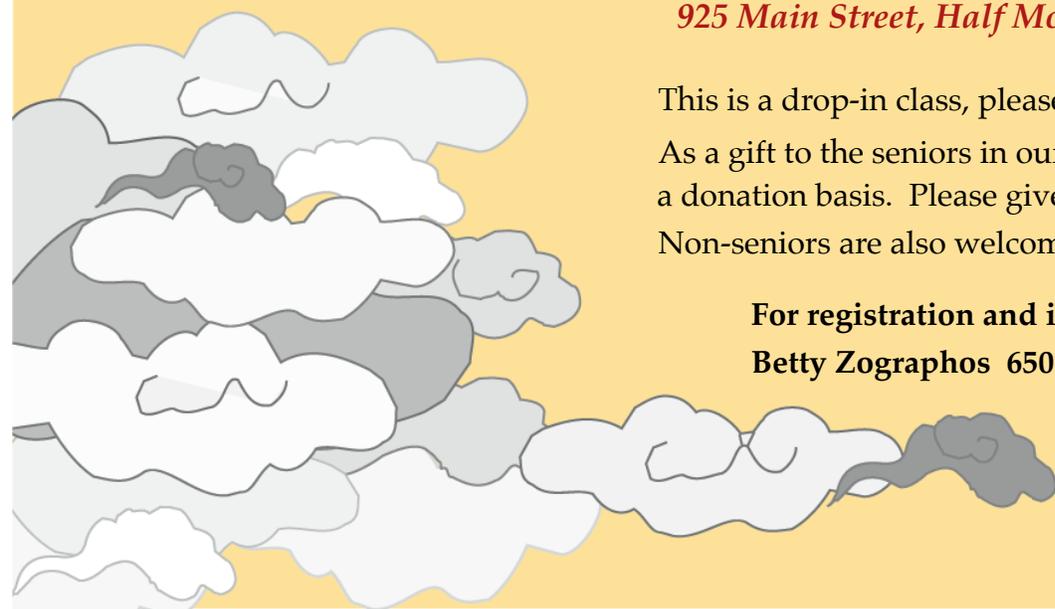
This is a drop-in class, please come when you can.

As a gift to the seniors in our community, this class is offered on a donation basis. Please give what feels appropriate.

Non-seniors are also welcome.

**For registration and information:**

**Betty Zographos 650 726-2891 [bettyz@coastside.net](mailto:bettyz@coastside.net)**



**Please invite a friend**