

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, meditation, moving meditation

Thursdays 7:30 - 8:30 pm Zoom only

Eight weeks: March 7 - April 25

Gods Playing in the Clouds incorporates some of the oldest and most powerful Taoist rejuvenation practices. It serves as a spiritual bridge to Taoist meditation. This qigong form, which is composed of six external movements, is the only program that Taoist Lineage Master Liu Hung Chieh, Bruce Frantzis' chief teacher, practiced daily for enhancing his own personal longevity after the age of fifty.

In this series, we will add extra focus on breath. With each week we will deepen the breath and allow it to facilitate the inner movements to arise throughout our bodies.

We allow the vibrancy within to awaken and to circulate, bringing a sense of clarity and aliveness. Every class concludes with meditation to bring us to more stillness and peace within, allowing the benefit of the whole class to saturate deeply.

The sense of well-being that arises for the body and mind is a powerful medicine that no doctor can provide for us.

In the hopes of not turning anyone away,
these offerings are offered by donation.

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Judy Pruzinsky, L.Ac.

practicing qigong for over 30 years,
teaching for the past 18 years.

Please invite a friend!