

# 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**

***Tuesdays 1- 2 PM in-person and via Zoom***

**10 weeks of classes: April 30 - August 6**

**no class on May 14 - 28, June 11, July 23**

In class, we focus inwardly on how we stand and sit, what our breath is like, how we move, and what sensations arise. We start by letting go of the multitude of distractions we endlessly entertain. We sense inside our bodies as to how the tissue in our arms, legs, shoulders, and hips move and not move so well. We get in touch with our body's inherent wisdom to guide us. We allow the vibrancy within to awaken and to circulate bringing a sense of clarity and aliveness. We conclude every class with meditation to bring us to more stillness and peace within.

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

**In-person Location:** 925 Main Street, Half Moon Bay      Also via **Zoom**

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

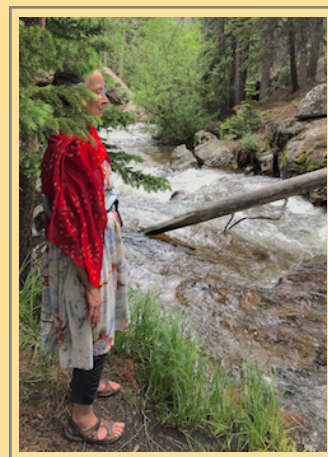
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For more information:  
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**Judy Pruzinsky, L.Ac.**

practicing qigong for over 30  
years, teaching on the coast  
for 19 years.

**Please invite a friend!**