

Saturday Playhouse
August 3rd 9:30AM-Noon
Happy Heart Qigong



Qigong is designed to teach you to communicate with the body in a manner the body can understand.

These moving meditations relax the mind and sooth the nervous system.

These movements will Strengthen your life force.

The Heart expresses joy and unconditional love when its energy is open and flowing.

Bob's Home Studio

Join us in this ancient system of self-care and healing.

In Qigong theory the best way to prevent disease and to aid self-healing is through movement; "the door hinge won't rust as long as it's used". Exercise allows the qi and blood to flow freely. If the energy circulates from the center to all the extremities, one will remain in perfect health. If one furthermore stretches and twists, then this will keep the body trim. This is the doctrine of "Dao-yin".

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Open to all! No previous experience required.

Cost: \$40 Cost includes workshop, List of moves and a demonstration video

Happy Heart Qigong can dramatically impact your health, whatever your age or background. Easy to learn, a joy to perform, their regular practice will boost your play and work. These movements are an ideal adjunct for health professionals wishing to enhance their performance, for martial artists, dancers, and other active people. They work equally well to relieve stress and enliven those with more sedentary lifestyles.

9:30 - Noon followed by potluck of healthy snacks.

Happy Heart registration

Name _____

email _____ I'll stay for the Potluck Lunch 12-1 PM

Please send registration and funds to Bob Shapiro,

17045 Llama Lane, Bow WA 98232

I am Now accepting bank transfers using ZELLE Many Banks use Zelle. To use that app, just use my e-mail address. bobshapiro@cloudhandstichi.org

Questions ? contact Bob bobshapiro@cloudhandstaichi.org