

Cloudhands Tai Chi/Qigong

Saturday Playhouse- March 30th 10:00 to 12:00
followed by a potluck lunch.

Dragon and Tiger Qigong



Health and Energy in Seven Movements

Qi- internal life-force energy- is the foundation of all Chinese medicine, as well as the power behind the internal martial arts. In acupuncture, needles are inserted into specific points along energy channels to stimulate and balance qi flow throughout the body. Dragon and Tiger Qigong uses the hands and body movements the same goal. Suitable for all ages and fitness levels, this 1.500-year-old qigong set can quickly give practitioners a recognizable feeling of Qi in their bodies

Instructor: Bob Shapiro

Location Bob's Home Studio

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Dragon and Tiger Qigong Can:

Reduce Stress; Increase vitality mental clarity and calmness; Improve performance for athletes and martial artist; Give healthcare professionals tools to help heal patients and prevent burnout.

Saturday Playhouse- March 30th 10:00 AM to 12:00

followed by a potluck lunch 12:15-1:30

Cost: \$35 pre-register by March 26. \$40 after March 26 .

Registration Form

Name _____

Address _____

Phone _____ e-mail _____

_____ Dragon and Tiger ___ I'll stay for the Potluck Lunch
12:30 1:30 PM

Please send registration and funds to Bob Shapiro,
17045 Llama Lane, Bow WA 98232

Questions? e-mail BobShapiro@cloudhandstaichi.org