

Nature's Path Center
Introduction to

Qigong

Meditative Movements for Healing & Integration
Utilizing static & dynamic postures, with our breath & the focus of our minds to:

Increase Energy
Strengthen our Immune System
Restore Balance & Health

Date: Thursdays, March 1, 2012 – July 26, 2012
Time: 6:00pm – 7:30pm
Location: 351 S. Baywood Ave., San Jose, 95128
Class Fee: \$100/month

Course Outline for Qigong 1A

This class is designed to provide an introduction to begin energetic cultivation practices. A number of simple, practical, and effective methods will be presented with an emphasis on health, healing and self-development.

This 5 month class covers:

- Basic theories of energetic cultivation
- Dilation of Twelve Primary & Eight Extraordinary Channels
- Emotional detoxification
- Opening the three energetic centers
- Strengthening the body's protective energy field

This class and others are taught by: Dr. Seth Lefkowitz
Doctor of Chiropractic DC - Doctor of Medical Qigong DMQ (China)

Please phone to reserve your space: **(408) 243-1565**.
Map and more information can be found at: **www.naturespathcenter.com**