

Qigong Self-Healing Class

According to Chinese Medicine

When the body's energy flows freely and is balanced, neither excess nor deficient, the process of healing accelerates. The immune system can be invigorated, and the fight or flight response of stress can return to relaxation and peace. As groundedness is restored, connection to beauty and the clarity of the senses can return.

Daoist medicine treats what the Chinese call Spirit. In the core of our being, we are innately good. Our true self is pure and clear, often obscured by busy mind, stress, worries and fears, and feeling overloaded. Our contented, clear self can be accessed when Qi and Spirit are in order.

With care and training, energy can flow and balance, minds and bodies relax. As we develop regular Qigong and meditation practices, symptoms usually recede and Virtue can be restored.

Qigong and Medical Qigong

Qigong means "energy training", and also "breath training". Qigong makes use of movement and quiescent exercises, breath work, and meditation.

Medical Qigong combines Qigong with Daoist knowledge, Chinese medicine theory, energetic healing, and lifestyle support, to offer deep, complementary, holistic medicine for the whole person. It is expedient.

Medical Qigong is Good for Symptoms and Peace of Mind

Suppressed emotions and stagnant energy are a root cause of health and emotional challenges. Emotional intensity hurts and blocks our Qi. The smooth flow and balance of Qi can be temporarily restored, then increasingly stabilized when we practice self-healing Qigong exercises, breathwork, and meditation regularly and correctly.

The core exercise in class is movement Qigong with Sound Healing for emotional and energetic purging. We'll also learn gathering Qigong, breathing Qigong to develop "cellular presence" and peace, Qigong to join Heaven and Earth, meditation, Being practice, and other exercises.

Join Class Any Week

Chat with us before you join class. Portland class begins soon. Eugene class meets Thursdays, 7:15 to 8:30pm, at A Healing Space. Please inform me if you have a serious illness or mental health diagnosis. Women ~ some caveats apply during menses; stop Qigong during pregnancy. *Fees: 4 classes per month ~ \$80 / Bring a friend, both receive 10% discount / Three month package ~ \$215, prepaid / Bring a friend: \$200.*



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