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*"Our goal is the **HEALTH** of your **BODY & SOUL.**"*

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## Qi-Gong / Tai-Chi Class

Do you have anxiety and stress? Are you in need of stress relief?

Do you just want to learn an ancient art of exercise that has been practiced by many in the Orient for thousands of years? Qi-Gong is the perfect solution for you. At Soul Acupuncture Clinic, We're starting a beginner's class for Qi-Gong that begins on **August 4<sup>th</sup>, 2010**. The class will meet once a week every **Wednesday from 6:30 to 7:30 pm** for 6 weeks. The cost for the 6-session class is \$29. Because the space is limited to 12, please sign up ASAP by calling our clinic at 505-892-7666. Our clinical physician Dr. David Soul, who is also a Qi-Gong master, welcomes you to join our class.

Qi-Gong is a Chinese term describing a system of physical and mental exercise for health, martial arts, and self-enlightenment. The definition for the word "qi" contains the meaning of "breathing", "air", "gas" and "vapor" but it can also be used in the context of describing the relationship between matter, energy and spirit. The definition for the word "gong" is that of achievement or results. The two words are combined to describe systems and methods of "energy cultivation" and manipulation of intrinsic energy within living organism. Qi-gong is often considered by the Chinese culture to be part of alternative medicine with positive effects on various ailments while providing mental relaxation and physical rejuvenation.