



# ULTIMATE HEALTH OF MIND, BODY & SPIRIT

## QiGong

QiGong is an ancient practice from China that means "Energy Study". Much like Tai Chi, QiGong focuses on slow moving poses for greater awareness and flow of "Qi" or more scientifically, "bio-electricity" flowing inside and outside of the body. Doing so, we heal what is disharmonic inside, as well as outside, of ourselves.

**Saturdays, 10 AM in the Collins Room Instructor: Jesse Hart**



## YOGA

Yoga is an ancient practice from India that means "Union". Through breath and body focus (meditation), we tame the mind and emotions through our focused breath and a philosophy of pressure becoming pleasure, not pain. Creating space in the body through asanas (poses), we breathe oxygenated blood into hard to reach spaces for healing and greater awareness.

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