

YMAA Amesbury—Amesbury, MA

QIGONG for Health, Balance & Mindfulness

Introductory Course

Tuesdays, 12:00PM—1:00 PM

YMAA Amesbury

14 Cedar Street. Amesbury, MA

Benefits of Qigong

Qigong pronounced (Chee Kung), literally translated means "energy work." Qi (Chi) is internal energy, the bioelectric force in all living things. Qigong is an excellent form of low impact exercise and provides all the benefits we currently associate with gentle exercise.

- Trains the mind to concentrate and focus
- Improves the body's metabolism
- Loosens and exercises the joints
- Strengthens the tendons and ligaments
- Builds root, center and balance

Feel the Chi!

This course, intended for all ages and skill levels, will focus on establishing a strong foundation for a Qigong practice. We will combine breathing, motion and mindfulness to develop and maintain overall health and energy. Classes will include both discussion and practice, covering:

- The history and cultural context of Qigong
- Stretching and Warm-up
- 5 different types of breathing
- Coordination of breathing, mind & energy
- Qigong exercises that are easy to learn & practice

Instructor: Bill Buckley

An active instructor at Yang's Martial Arts (YMAA) headquarters in Boston, Bill is certified to teach Tai Chi, Chin Na and Qigong by martial arts world master, Dr. Yang, Jwing-Ming. He is also a Certified Kripalu Yoga instructor.

Bill has studied with Dr. Yang for close to 20 years, and recently competed in the 2008 World Tai Chi Tournament in Taiwan as part of the YMAA team. Yang's Martial Arts has 60 affiliated schools in 17 countries.



To register for classes, contact:

Buckley 
Qigong & Taiji

www.buckleytaichi.com
buckleytaiji@gmail.com

Qigong - Tuesdays: 12-1PM
14 Cedar St, Amesbury, MA
buckleytaichi.com; 603-553-2624

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