



**QIGONG INSIDE & OUT: THE 8 PIECES OF BROCADE**  
**Mondays, February 28th thru April 2, 2012**  
**9 - 10:15 a.m.**  
**Smiling Dog Learning Center - Gold Canyon, AZ**

QiGong has been called *meditation in motion or Chinese Yoga*.

This series of Qigong features an ancient set of movements entitled "The 8 Pieces of Brocade" or the 8 Pieces of Silk, also called the 8 Versus of Brocade. The 8 Pieces refer to the body as a brocade or very expensive cloth that we are cultivating when we do the exercises. The Taoists would say that the body is more valuable than anything you can own, so you should take good care of it.

Qigong combines breathing with slow, gentle movement, concentration and visualization to give a full body and mind workout. The movements are easily modified to enable individuals of all levels of fitness to participate.

The class will review the movements given in the foundational class that just concluded and introduce the movements of the 8 Pieces of Brocade.

This gentle movement is perfect for relieving stress and supports emotional well-being. Some reported benefits of Qigong practice are: improved strength, balance and mobility; promote deeper relaxation; increases respiratory capacity; increases joint flexibility; can help lower blood pressure, to name a few. The simple movements are easy to learn. Just ten minutes a day can promote marked improvement in one's health and well-being with sustained practice.

Join James and Sharon Corrigan for a slow, yet, aerobic workout in the tranquility of the Smiling Dog gardens in beautiful Gold Canyon with Superstition Mountain as a backdrop.

Fee: Donation

Smiling Dog Learning Center  
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