



Join Us for this 2022 Fall Special Event

# Autumn Equinox Qi Celebration



Thursday, September 22<sup>nd</sup> from 5:30-7:00

Autumn is the season of both realization and preparation. It is both harvest of what has been planted, and an opportunity to begin the great process of letting go and preparing for the deep quiet of winter. The energy of Autumn supports our “letting go” of the waste, the old and stale in our lives, anything we no longer need. This allows us to be receptive to the pure and new, granting us a vision of who we are in our own essence. It reveals again what is most precious in our lives. This special Qigong class will focus on movements, breathwork and meditation that specifically target ways to move stagnant energy and let go of what no longer serves you. We will use the Chinese medicine wheel with a focus on the Metal element to send gratitude for what we’ve received and spend ‘time in the West’ to harvest what is waiting for us. Qigong is one of the most profound tools for fostering a connection with your true essence and cultivating the wisdom of the body and creative vision of the mind. No experience needed. Ages 12 and up. Class will be done seated and standing, wear comfortable clothing and supportive clean shoes. \$20

**Class Size Limited** - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Workshops are on a pre-pay, non-refundable registration basis.



Deborah Adams is an Entrepreneur, Thought Leader and Wellness Expert. Founder and CEO of The Wellness Spa, Inc. since 1994, co-owner Qi Garden Salt Spa and Water Dragon Inn. She is a Master Qigong and Tai Chi Instructor and the author of “The Horse, The Dragon & The 10,000 Things” and holds certification programs to train others to become teachers of her **1 Qi** method. Deborah was a licensed massage therapist for 25 years, personal trainer, dancer and Human Performance coach and brings her acquired knowledge into her keynote lectures, trainings, and retreats. To contact her visit [www.DestinationWellness.net](http://www.DestinationWellness.net) or [QiGoddess@WellnessSpaResort.com](mailto:QiGoddess@WellnessSpaResort.com)

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)