



Join this Winter 2023 Special Event!

# Beginner Qigong

Discover the Healing Power of Moving Meditation



**Saturday, January 28<sup>th</sup> 10:00am – 12:00pm**

Qigong (pronounced “chee-gung”) is an ancient Chinese practice that developed thousands of years ago for the purpose of promoting optimal health, vitality, and longevity. A carefully guarded secret of monasteries, hospitals and imperial courts, the cultivation of “Qi” was kept from the Chinese public for thousands of years until this past century when it has come into widespread use in the Far East. Now in the West, it is viewed as a health and human performance breakthrough... a power tool for self-improvement as a safe, gentle, proven approach to treating pain, disease, and mental/emotional stress.

Learn the basics of Chinese medicine and the core of Qigong in this interactive and enjoyable beginner’s workshop. Seated and standing movements will be taught as well as breathwork, gentle stretching, and intention meditation. Perfect for those curious about this ancient - yet new form of meditation, for those recovering from illness or injury, or for those wanting a new approach to relaxation, gentle exercise, and the desire to learn simple and easy ways to improve overall health and wellbeing.

Recommended for ages 14 and up. No experience with meditation, exercise or health needed – this will be an easy yet profound class to learn how to obtain optimal health and wellness! **\$35**

**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. Creator of Camp Goddess retreats for empowerment of women. She is a Master Qigong and Tai Chi Instructor, training and teaching in China and across the USA since 2006. She is 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 over 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)