



Join this Spring 2026 Special Event!

Yin Yang Medical Qigong

Healing Your Own Body by Using the Medicine Within



Saturday, March 7th 12:00 – 2:00pm

Let Deborah guide you through a 16 movement Qigong form designed to tap into your internal energy, reconnect you to the world around you and enhance your personal healing power by teaching you how to use the medicine inside your own self. This form includes ancient movements to enhance your personal health, mental wellness and overall wellbeing, while teaching you ways to strengthen your immune system and fight off stress.

Seated and standing meditation, light stretching, and beautiful simple movements will be taught, with intentions for each movement that develop into a lovely, unified flowing form at the completion of class. This workshop will give an introduction to “Qi”, touching on Chinese medicine theory before moving into learning the Qigong movements. Great class for beginners or those practicing Qigong for years, as we will journey through nature - preparing for springtime around the corner!

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! Please wear comfortable clothing, bring a personal water bottle, and indoor shoes or supportive footwear (recommended but not required as some prefer to be barefooted). Class will be done both seated and standing. **\$40**

***Registration Required - Reserve your place in class today! Book Online www.WellnessSpaResort.com or call 715-341-3333 for more information. This class is 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, Water Dragon Inn overnight accommodations, and The Wellness School; Clinical Massage Therapy Training program and facility. 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 method. Deborah uses her experience from 25+ years as a Licensed Massage Therapist, massage therapy instructor, personal trainer, dancer and Human Performance coach and brings her acquired knowledge into her keynote lectures, trainings, and retreats. To contact her visit www.WellnessSpaResort.com

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com