

HIQI4HEALTH is sponsoring a **FREE** lecture

Introduction to Qigong and Self-Massage Techniques

Wednesday, July 17, 2019

2:00-3:15PM

AT County of Hawaii Aging and Disability Resource
Center, Training Room (1055 Kinoole St.)

*Please RSVP by emailing jana.hiqi@gmail.com

*Qigong has been practiced for thousands of years in China. It is a practice that combines the **mind/spirit, breath, and body**. With an emphasis on **mindfulness**, qigong promotes the flow of **qi** (or life energy) through the **meridians** (or energy channels) of the body, and thereby, ensures health and well-being.*

- Learn about qigong and its health benefits.
- Learn self-massage techniques that concentrate on stimulating energy points along the face and head to increase health benefits.

LECTURE BY: Jana Ching, Licensed Acupuncturist.

Approved/Accredited Instructor in Qigong and Taiji Quan by Training Base in China. 10 years experience of training in China. www.HiQi4health.org