



Qi Gong is the practice of cultivating and playing with energy, within us and around us.

Focusing on breath, movement and meditation, this 5,000-year-old healing practice, rooted in ancient China, is used for healing and a path to spiritual enlightenment. Qi, known as vital energy, flows through all life, and Qi Gong movements imitate Nature, from animal postures to balancing Earth and Heaven (universe) energies. Once secretive, Qi Gong is now practised around the world, as a way to connect with Nature.

It is a way of being and harmonizing with the universe, known as the Dao or Tao.

During this session, certified Qi Gong practitioners Dianne Goldade and Wendy Dudley will share the history of Qi Gong and its connections to the Dao, the concepts of Yin and Yang, its applications to our internal energies (through meridians and organs), and demonstrate some of the movements, which can be done standing or seated.

FOOTHILLS SPIRITUAL LIFE CENTRE
presents
SPIRITUALITY SPEAKER
SERIES

Qi Gong Practitioners
Dianne Goldade and
Wendy Dudley

Qi Gong

a playful path to better health

Thursday September 10th

7:00 – 9:00 p.m.
Okotoks United Church

43 Riverside Drive

Entrance by donation
(proceeds to Foothills Spiritual Life Centre)

www.okunited.ca

