



ALASKA CENTER FOR ACUPUNCTURE

Presents:

1000 Hands Buddha Qi Gong Presented by Virgil Miller

Date: Thursday, December 9th

Time: 7pm-8:00 pm

Cost: FREE

**Location: Alaska Center for Acupuncture, in the Koslosky Center
above Vagabond Blues**

Qi Gong describes many styles and forms of internal martial arts, simply translated it means "energy work". The forms have been developed over thousands of years through meditation or focus on subtle energy fields or "Qi." In many ways Qi Gong is very similar to yoga which can help with the integration of mind, body, spirit and nature. It has roots in both Taoism and Buddhism. 1000 Hands Buddha Qi Gong comes from a specific family lineage. It is a sitting form done in a sequence that helps to balance the right and left sides of the body, and to acknowledge and cultivate your innate noble heart.

1000 Hands Buddha is a powerful healing Qi Gong method for:

- Strengthening immunity
- Relaxing aches & pain
- Calming stress
- Cultivating the breath

Please pre-register for this free class by calling Alaska Center for Acupuncture at 745-8688. We can accommodate only 20 people for this workshop so please call early to reserve your space.

About the presenter:

Virgil Miller completed his Bachelor's degree in Herbal Sciences at Bastyr University in 2005 and subsequently trained at the prestigious Oregon College of Oriental Medicine. During his schooling he was honored to become certified to teach 1000 Hands Buddha Qi Gong from the lineage holder and Qi Gong Master madam Liu He. He has helped hundreds of patients find relief from pain, numbness, emotional imbalances, and digestive complaints. He currently practices at Mat Su Integrative Medicine in Wasilla.

For more information, about this and other upcoming events, visit
www.AlaskaAcupuncture.com