



## ALASKA CENTER FOR ACUPUNCTURE

*Presents:*

### **Qigong - A one-hour class Taught by Wendy DeGraffenried**

**Date: Wednesday, January 20<sup>th</sup>**

**Time: 7pm-8pm**

**Cost: FREE**

**Location: Alaska Center for Acupuncture**

Qigong means “cultivating energy”- and it is an extraordinary, ancient breathing exercise practiced for thousands of years to promote health maintenance, healing, and increased vitality. The slow, gentle movements of Qigong practiced along with focused intention help relax and balance the body mind and spirit. Qigong is for all ages and it can be practiced either standing or seated. It can also be easily adapted for the physically challenged.

**In this class you will learn:**

- Definitions of Qigong and Taijiquan
- Dantien breathing and Wujibu stance
- Balancing the Triple Burner
- Mixing Fire and Water
- Two Hands Hold Up the Sky
- Scooping Water from the Stream
- Cleansing the Bone Marrow, with the energetic, organ, and emotional correspondences

**Please pre-register by calling Alaska Center for Acupuncture at 745-8688. Space is limited, so call early!**

**About the Presenter:** Wendy DeGraffenried, RN is a Certified Qi Gong Instructor. Her classes synthesize her broad and continued studies of the Oriental Healing Arts. These studies include Qigong, Taijiquan, Medical Qigong, Chinese Calligraphy, Healing Tao, I Ching, Yang Style Sword, Yang Style Fan, Push Hands, Silk Reeling, Points and Meridians, and Auricular Therapy. Together with these studies and her experience as a Registered Nurse, she carefully and gently guides students to cultivate health in body, mind and spirit.

For more information, about this and other upcoming events, visit  
[www.AlaskaAcupuncture.com](http://www.AlaskaAcupuncture.com)