



*Learn well,
Laugh well,
Grow well,
Be well*

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Introduction to Tai Chi & Qigong for Health

Tai Chi is a Chinese martial art well known for its many health benefits. The slow, gentle, and meditative movements promote balance, increase flexibility and strength, and reduce stress. Regular practice brings about a deep sense of peace and well-being.

While some call it “meditation in motion”, Harvard Medical School calls it “medication in motion” for its numerous positive effects on health.

Qigong is a collection of methods used to cultivate the energy known as “Life Force” or “Bioelectricity”. This energy that runs through and around our bodies is meant to run smoothly and in good supply. When the energy supply is low, gets stuck, or is out of balance, it can lead to health issues. By keeping your energy in good order, your natural healing ability is enhanced.

In a world where life moves very quickly and information comes at us from every direction, it’s essential to find balance by slowing down and filtering out what is not truly useful.

Join certified Tai Chi and Health Qigong instructor, Kelly Hong-Williams, for an introduction to gentle exercises that will leave you feeling relaxed and energized.

Date: Friday, April 14th, 2017
12:00-1:15 p.m.

Location: The Metta Center
1602 Carolina St. D12

Cost: By donation.

Contact: Kelly Hong-Williams
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Kelly is certified by the Chinese Health Qigong Association, America Taiji Health Qigong, and the Tai Chi for Health Institute. She currently teaches regular classes in Bellingham at the Peace Health Cancer Center, WWU, and Wise Awakenings.