Bamboo Qigong

"New Floyd Qi Yoga Wellness Classes!"

Wednesdays, 5:00 pm to 6:30 pm

taught by Dr. Robin Murphy, ND

Qigong: Movement, Breath and Meditation

★ Bamboo Wand Qigong: Bamboo Qigong and Yoga breathing, stretching, and balancing exercises for spinal flexibility, improved posture and healthy circulation.

★ Buddhist Temple Qigong: Seven Chakras Qigong. Standing and walking meditations for energizing and healing the mind and body.

★ Lotus Mudra Qigong and Yoga: Qigong and Yoga Mudras for deep breathing, stretching and balance.

★ Qi Yoga Healing Sounds and Medical Qigong: Qi Healing sounds for circulating healthy energy to the organs and glands. Qigong tapping and massages for healing, health, longevity and well being.

Bamboo Qigong practices are very gentle internal energy exercises and meditations from Tibet, India and China. These qigong exercises open the meridians, nadis and energy points, allowing energy to flow to all parts of the body. Bamboo Qigong promotes overall health, vitality and longevity. These Qigong exercises are done along with meditative and inspiring oriental music.

Bamboo Qigong Classes

DAY: Wednesdays
TIMES: 5:00 pm to 6:30 pm
PLACE: EcoVillage Event Center
188 EcoVillage Trail SE,
Floyd, VA 24091
540-745-4434
https://www.floydecovillage.com/
COST: $5.00 donation

email: info@lotushealthinstitute.com
website: lotushealthinstitute.com