



MEDICAL QI GONG CLASSES WITH

SERENA BORDES, DOM, LAC, FUNCTIONAL NUTRITIONAL MEDICINE

RELAX THE MIND & CALM THE SOUL

6 PART SERIES

DATE: WEDNESDAY'S

TIME: 6PM TO 7PM

LOCATION: VIDA INTEGRATIVE MEDICINE EDUCATIONAL CENTER
1105 LIBERTY ST. S.E. SALEM, OREGON 97302

**COST: FIRST CLASS IS FREE THEN \$15 PER CLASS OR
GIVE YOURSELF A GIFT OF HEALTH AND PURCHASE ALL 6 WEEKS FOR \$60**

Each week Qigong class will focus on a breathing technique and a form related to a theme or subject:

- Week One - STRESS MANAGEMENT BALANCING EMOTIONS
- Week Two - DIGESTIVE SYSTEM DISORDERS
- Week Three - HEART HEALTH CIRCULATORY SYSTEM
- Week Four - SLEEP DISORDERS
- Week Five - PAIN JOINTS AND LIMBS
- Week Six – IMMUNE SYSTEM SUPPORT

PLEASE WEAR COMFORTABLE CLOTHING, CHAIRS ARE PROVIDED, BUT FEEL FREE TO BRING YOUR OWN CUSHION.

CALL TO SCHEDULE: 503-399-1400 (MUST PREPAY FOR CLASSES)

What is Qigong

Qigong is an integration of physical postures, breathing techniques, and focused intentions.

Like any other system of health care, Qigong is *a highly effective health care practice*. Many health care professionals recommend Qigong as an important form of alternative complementary medicine.

Qigong creates an awareness of and influences dimensions of our being that are not part of traditional exercise programs. Most other forms of exercise do not involve the meridian system used in acupuncture nor do they emphasize the importance of adding mindful intent and breathing techniques to physical movements. When these dimensions are added, the benefits of exercise increase exponentially.

The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

Those who maintain a consistent practice of Qigong find that it helps one regain a youthful vitality, maintain health even into old age and helps speed recovery from illness. Western scientific research confirms that Qigong reduces hypertension and the incidence of falling in the aged population. One of the more important long-term effects is that Qigong reestablishes the body/mind/soul connection.

People do Qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit.

When these three aspects of our being are integrated, it encourages a positive outlook on life and helps eliminate harmful attitudes and behaviors.

Qigong's great appeal is that everyone can benefit, regardless of ability, age, belief system or life circumstances.

Anyone can enrich their lives by adding Qigong to their daily routine. Children learning to channel their energy and develop increased concentration; office workers learning Qigong to reduce stress; seniors participating in gentle movements to enhance balance and their quality of life; caregivers embracing a practice to develop their ability to help others; midwives using Qigong techniques to ease child birth.