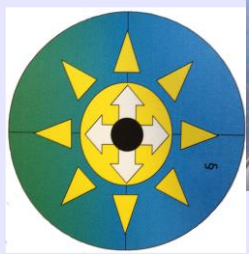


Qigong Healing Form

Beyond Electricity... Weekly Classes... Level 1



Practiced by 200 million people...Qigong is the Mother of Acupuncture and Tai Chi. Uses advanced breathing techniques, meditation, and movement to harness the Qi.



Jeannine Horton @ Massage Therapy AT is a Certified Supreme Science Qigong Instructor

Classes cost only \$ 10. Multi-class specials may be available

At every class you'll receive priceless teachings

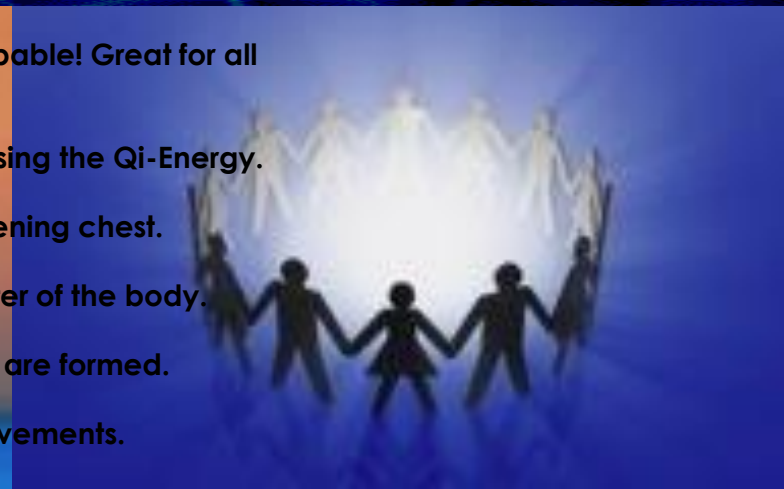
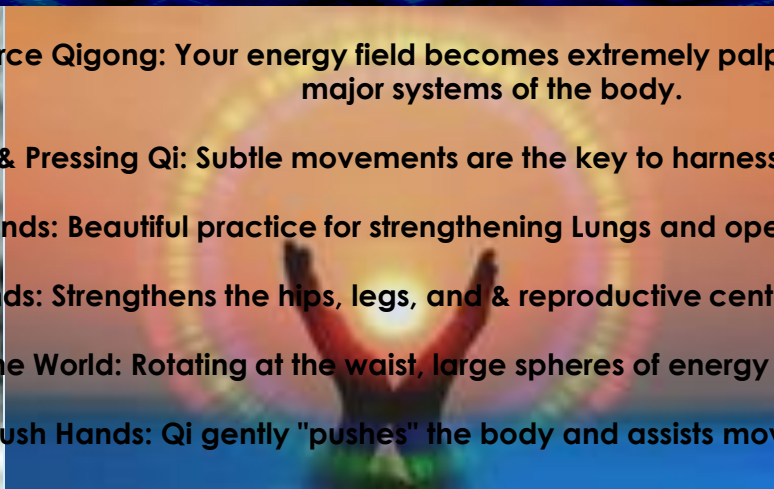
Limited to 12 students a class.



The Qi-Energy is so tangible in this Qigong system that experts of Yoga, Meditation and even practitioners of other styles of Qigong are **AMAZED** at how strong it is!



- * Empty Force Qigong: Your energy field becomes extremely palpable! Great for all major systems of the body.
- * Spiraling & Pressing Qi: Subtle movements are the key to harnessing the Qi-Energy.
- * Cloud Hands: Beautiful practice for strengthening Lungs and opening chest.
- * Earth Hands: Strengthens the hips, legs, and & reproductive center of the body.
- * Around the World: Rotating at the waist, large spheres of energy are formed.
- * Qigong Push Hands: Qi gently "pushes" the body and assists movements.



Sign up for upcoming classes today...Massage Therapy AT, 423-444-0368, massagetherapyAT@gmail.com