

I will be commencing Qigong Classes again this year in 3 weeks time on the 7th of February, held at the wonderful and picturesque Guide Hall in North Epping. I will be running a number of different class times this year if you are interested.

I will be facilitating a beginners and intermediate course, the classes Monday between 10:30 am and 2:30pm and Tuesday, Wednesday and Thursday from 6:30 - 9:30pm. Each class averages between 60 - 90 mins in duration dependant on numbers and class content.

Cost - \$20 per week or \$120 for the term (8 classes). By paying the full amount upfront it gives you the flexibility to join other classes if you happen to miss a day.



Please send me an email confirming your interest to attend the course and 2 options of time and day. Class times will be confirmed when I have sorted the numbers. Each class has a minimum requirement of 8 and a capacity of 16, your confirmation of attendance is mandatory. Please also advise if you are attending the class with someone so I can keep you together.

Please feel free to forward this onto anyone you feel would benefit or direct people to my website via facebook etc <http://www.spatialenergetics.com.au/qigong>

### **What is Qigong**

Qigong is a wonderful exercise that balances Body, Mind and Spirit, it's great for reducing stress and improves fitness levels, is low impact and suitable for all body types and fitness levels.

If you have been putting off doing something for yourself, but have been unable to find the time or energy to do it, Qigong is the perfect solution. Chinese Medicine is created from its core principals of 5 element theory, Water, Wood, Fire, Earth, Metal. Like many that spend a lot of time knowing they should be doing something for their wellbeing but can't find the time or energy, it's because your metal is blunt. The tools you need to get the job done with ease are blunt. The lungs are the Metal element in Chinese Medicine. Qigong is all about the breath, practice of qigong sharpens the metal. Simple techniques and energy games teach you how to move energy with your breath which leads to a more efficient and effective you.

We will explore all the 5 elements that relate to energy in your body, learn why you feel the way you do and more importantly learn ways to heal through cultivating Chi Energy.

### **Testimonials**

After facing numerous challenges in this past year, I needed to find a way to step back and nurture myself through a relaxing form of exercise. I recommend Scott's Qigong classes to everyone and anyone who is interested in nurturing themselves and improving their self awareness. Qigong is a fascinating, powerful and valuable exercise. The idea that our bodies energy reflects our psychological / spiritual being has really resonated with me. I have found Scott's teachings to be extremely valuable and I look forward to continuing these classes.



I found that the Qigong class has both physical and emotional lessons to learn. I actually love focusing on the breathing and found this very helpful.

I was being pushed, or maybe guided sounds better :) physically but more so emotionally. Every week I walked out with either a new thought, question or a niggling sort of feeling that would last until I could understand or just get the lesson. This was not always comfortable, but this is my lesson.

I am looking forward to next year and can't wait until I really embrace Qigong. I believe I have really only taken the first step of a great teaching and the lessons will benefit me in all aspects of life.



I have found your classes to be absolutely wonderful and beneficial to my health and wellbeing - and most suitable for my age group. Your delivery is very good and easy to follow - even though I'm rather "unco" at times and I appreciate the way you give individual attention and mini-treatments to each of us.

Each week I leave your class feeling significantly more supple and comfortable - I can now so easily get up from a sitting position on the floor which is something that has been quite difficult for me for years. I also feel lighter and more balanced in my body and mind.