

## WHAT IS QIGONG?

Qigong is an ancient practice of energy exercises used to improve energy flow, which is over 5,000 years old. It is not the same thing as Taiji, which is a Martial Art, and is a more recent development. Qigong is an ancient Chinese health-care system that integrates physical postures, breathing techniques, and focused intention.

The word Qigong (or chi kung) is made up of two Chinese characters. Qi (pronounced "chee") is usually translated to mean the life force or the vital energy that flows through all things in the universe. The second word, gong (pronounced "gung") means accomplishment or skill that is cultivated through steady practice. Together, Qigong means cultivating energy. It is a system practiced for health maintenance, healing, increasing vitality, and spiritual cultivation.

## WHAT ARE THE BENEFITS?

This is a Chinese health care practice that is easy and fun to do, available to even those in a wheelchair, and has been shown to lower blood pressure, increase blood circulation, improve digestion, increase cardiovascular strength and reduce stress levels. These gentle, slow movements are especially geared for those people with injuries, chronic conditions, and reduced flexibility, to enable them to gain greater mobility.

## WHO IS IT FOR?

Qigong is for everyone.

Students with fibromyalgia, those with chronic conditions and recuperating from injury, have reported the lessening or elimination of their symptoms with consistent Qigong practice. The visualization, breathing techniques, and physical postures of Qigong promote relaxation and reenergize the body.

## HOW DOES IT WORK?

In order to understand how Qigong achieves this, imagine a garden hose - water flows freely if there are no obstructions in the hose. If there is a kink or constriction in the hose, water (Qi) doesn't flow. You get excess (Qi) on one side of the kink and deficiency on the other. The stretching, movements and breathing of Qigong elongate the hose and release the blockages caused by trauma, stress, poor diet, medications, hereditary conditions, environmental factors or excessive emotional issues. This balanced even flow of energy or Qi assures the health of your organs, nerves, glands and cells by stimulating the body's natural ability to heal itself.

Qigong synchronizes chakras, connects to acupoints and is both a science and an art.

## CLASS DESCRIPTION

### LEVEL ONE:

Although there will be some discussion of Chinese medicine and how Qigong works, this class will primarily focus on learning three different forms of Qigong - Yin-Yang Medical Qigong, Six Healing Sounds, Fragrance Qigong and doing meditations. Please wear loose clothing and flat shoes. All movements are slow and gentle and accessible to beginners as well as those who may be familiar with Qigong.

**Class Time:** Call for class time  
5 Classes for \$60

### LEVEL TWO:

There will be continued discussion of Chinese medicine and how to cultivate your energy but primarily this class will focus on both a review of previous forms from Qigong level one: Yin-Yang Medical Qigong, Six Healing Sounds, Fragrance Qigong and learning new forms such as: Four Seasons Qigong, Primordial Qigong, Eight Pieces of Brocade, Bone Marrow Cleansing, Tendon Healing Practice and various meditations.

**Class Time:** Call for class time  
5 Classes for \$60

**LOCATION:** Natural Oasis  
288 Monroe Ave  
Rochester, NY 14607

**CALL FOR PRIVATE LESSONS:** (585) 546-3063

## REGISTRATION FORM

Class Name \_\_\_\_\_

Daytime \_\_\_\_\_

Evening \_\_\_\_\_

Payment Enclosed \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

email address \_\_\_\_\_

**Please make check payable to:**  
Wendy Smith

**Send payments to:**  
Wendy Smith  
c/o Natural Oasis  
288 Monroe Ave  
Rochester, NY 14607

**Class Location:**  
Natural Oasis  
288 Monroe Ave  
Rochester, NY 14607

Please call if you need to make other  
payment options **(585) 546-3063**

# WENDY SMITH, PHD

**Wendy Smith, PhD.**, has completed Qigong training at the Qigong Institute of Rochester as well as workshops with world renown Qigong Masters Roger Jahnke and Ken Cohen, author of the well known book, "The Way of Qigong, The Art and Science of Chinese Medicine Healing". She was also certified by the Arthritis Foundation to teach Tai Chi for Arthritis. Her previous health care training was through the Arthritis Foundation and the YMCA where she has taught both land and water classes for people with arthritis as well as the general population. She has taught in the pool for over 12 years and is certified in CPR, First Aid, and Aquatics.

**Qigong/ Taiji instructor:** 2000- present: has designed and implemented classes in Qigong at the offices of Su Callan Harris Physical Therapy, Dr. Jeffrey Welch, the Irondequoit and the Brighton School Districts, JCC, YMCA, Preferred Care, Natural Oasis, Rochester MS Society, Harro East Athletic Club and East High School. She has incorporated Qigong in her aquatic classes since 1999.

**Arthritis Instructor:** 2000-2001 at the Carlson Metrocenter YMCA, certified through the Arthritis Foundation in 1999 where she also received certification in Tai Chi for Arthritis in the Spring of 2002, re-certified in 2004. Received certification in land exercise through the Arthritis Foundation 2004.

**Water Fitness Instructor:** 2000-present at the Carlson Metrocenter YMCA, the Monroe YMCA 1997-2000 and Harro East Athletic club 2003 - present. She has maintained current fitness, CPR, First Aid certifications since 1990 and Silver Sneaker I Certification in 2005 and Silver Splash Certifications in 2007, through Preferred Care.



Wendy Smith  
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Rochester, NY 14607

# Welcome to the Healing Art of

# Qigong



Wendy Smith

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