

Qigong & Meditation

Qigong (chi-gung) means working with your vital life force, or energy, in the body. Through *easy movement and conscious breathing*, you gently stretch, warm the joints, and massage the internal organs. Each class starts with **movement** followed by simple **guided meditations** designed to increase your self-awareness and relaxation.

BENEFITS:

Coordinated Movement and Meditation are powerful tools that can re-wire you for calm, allowing you to find your internal center and feel more grounded.

- **Find Your Flow State** *A calm mind concentrates with ease.*
- **Enhance Wellness** *Improve overall health and vitality.*
- **Instant Stress Relief** *Redirect your attention to relax completely*
- **Shift Perspective** *Restore balance & confidence.*



About Angel Stork, Qigong & Meditation Instructor

Angel brings together two disciplines she has practiced with love for more than 20 years: Meditation and Tai Chi. A minister/teacher since 1985, she provides spiritual education, personal evolution guidance, healing and rituals to ignite enthusiasm for life and create alignment with core values. As a body-worker/instructor, she blends Western anatomy and physiology with Traditional Chinese Medicine. **"I love helping others find and increase their natural joy and enthusiasm for life. In difficult times I help people find courage to remember their strengths and aliveness."**

**Starts Tuesday October 14, 2008
and every Tuesday @ 12:30pm**

Free first 2 Qigong classes for current APEXWellness members and Personal Training clients. Ask for a complimentary pass at the front desk.

Please sign up 10 minutes prior to class at the front desk on the 1st floor.



APEXWellness™