

Kay Luthi has 25 years experience studying and teaching Qigong and is a student of Dzogchen Master and Tibetan Qigong Master ZI SHENG WANG (CHIYAN RANGDOR).



Tibetan Qigong

Face Massage & Patting the Meridians

Each of us is surrounded by an energy field. The size and strength of our energy field reflects the level of our physical, mental and spiritual health. After qigong practice, our energy field becomes larger, stronger and brighter.

Our whole body and both hands are filled with qi, or energy. As we lightly massage the acupuncture points on our face, head and ears, we **promote healthy blood circulation**. Regular practice shows on our face as a radiant, youthful glow. Good circulation is essential for **maintaining health and preventing disease**.

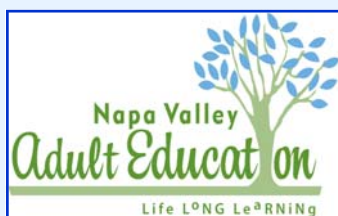
Gently patting the meridians (energy pathways) **promotes good qi and blood flow and also sends energy deep into the body to strengthen all organs and systems**.

Face massage and patting the meridians can be done standing, sitting or lying down.

Beginners are welcome!

2/1/11 - 2/15/11	Tuesdays	6:30 - 8:00 PM	Valley Oak Multi-use	Fee: \$90
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Register Early & Save \$5!



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