

Qigong for Health, Flexibility, and Wellbeing



QiGong is a form of gentle, exacting movement and still meditation that uses the breath and mind to work with the body's energy (or Qi). The intention is to help patients regain a deep sense of trust in their bodies and to encourage an open, relaxed, and calm mental state that more readily allows selfhealing.

This class is best suited to cancer patients and those with chronic illnesses. Yuan Gong is an updated, gentle and effective practice of QiGong, a traditional Chinese healing system (the origin of T'ai Chi). This class focuses on improving health and well-being and is appropriate for people experiencing cancer and chronic conditions. The class accommodates people with movement restrictions or even chair-based practitioners.

Register at:

www.smcmarin.com/stress-management-center-schedule

Time:

Wednesdays

Experienced Practice: 11-12pm

Beginner Practice: 2:30-3:30

Everyone: 12-12:30 pm,

Sitting Guided Meditation

Location:

Online, via Zoom

Cost:

FREE—Donations welcome

Instructor:

Rich Danon, Certified Yuan
Qigong Teacher



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