

Polestar Pilates Center presents

Thursday, March 29, 2012, 6-8.00 pm

QIGONG FOR BONE HEALTH

Learn about double-blind scientific studies on Qigong that demonstrate the incredible healing power of these ancient mind-body exercises based on the organ-meridian system.

Dashi Chu Kocica, Acupuncture Physician, will explain what Qi is and how the daily practice of Qigong can produce positive changes in bone density and hormone production and promote overall rejuvenation.

She will demonstrate and teach some simple Qigong forms for bone health and lead participants in the Guided Healing Meditation practiced at the world's largest Qigong Hospital in China.

Available at workshop- DVDs and CDs by Dashi.

Visit www.AsianHealingArts.org
to view Dashi's calendar of events and DVDs