

*Polestar Pilates Center presents
Thursday, March 15, 2012, 6-8.00 pm*

Swimming Dragon Qigong



Swimming Dragon Qigong is an ancient Taoist form that imitates the dragon swimming in the sea and flying into the clouds.

Reputed to be the best Qigong for weight loss, the sinuous movements of the form help to slenderize the waist, mobilize fats into lymphatic drainage, balance metabolism, appetite and hormonal secretions, beautify skin and keep the spine supple.

When practiced for 20 minutes daily, it has an overall tonic and rejuvenating effect.

Available at workshop-45 min Instructional DVD by Dashi \$25.