



# Opening the Energy Gates

*a Wu Style of Chi Gung*

brought to the West by **B.K. Frantzis**, a Chi Gung master of forty years,

**Judy Pruzinsky, L. Ac.**, licensed acupuncturist and herbalist.

Since 1990, she has been studying with and certified to teach from several Chi Gung teachers including BK Frantzis, Mantak Chia, Gilles Marin, and Jerry Johnson.

Chi Gung, also known as Qigong

*chi* (chee) = energy / lifeforce    *gung* = work / skillful practice

In this course we will further explore some of chi gung's fundamental building blocks:

**Chi Gung Standing**, including proper body alignment to allow the chi to flow freely.

**Dissolving** helps the practitioner to dissolve energy blocks. Blockages result in pain, disease, and mental instability.

**Cloud Hands** is an exercise that helps to connect the energy of the whole body to your spine, making for one integrated energetic body.

**Swings** maximize circulation of qi and body fluids, such as lymph and blood.

**Spinal Stretch** teaches you to control the movements of your spinal vertebrae and help relieve spinal tension and pain.

If you have never studied Energy Gates with me before there will be an introductory class on the evening of either Tuesday, January 3 or 10

**Thursdays 7:30 pm - 8:30 pm**

**January 12 – March 8 (no class will be held on 2/2 nor 2/9)**

Sliding fee \$100-150, if paid December 30; (\$125 – 175 thereafter)

418 Sevilla Avenue, El Granada

**Class size is limited.**

For registration and information  
call Kristy at 650 726-9566 or  
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