

# Taoist Meditation and Qigong

Tai chi / Qigong is to China what Yoga is to India

qigong can be called exercise

it can be called meditation

it can be called moving mediation

***Thursdays 7:30 - 8:30 pm, Zoom only***

**10 week series: May 1 - July 24**

**There will be no class on 5/22 nor 5/29**

## **Dragon and Tiger Qigong.**

In China, Dragon and Tiger is practiced by 20 million people. It teaches you to clear out blockages (pain/ disease). This increases the circulation of qi, blood, and other bodily fluids, resulting in more energy, better immunity, easier movement of joints, release of tension and stress, and increase stability. It is even prescribed for cancer patients, to reduce the effects of chemotherapy and radiation.

We will continue to start each class landing strongly in our bodies, and conclude each class with meditation. Cultivating the bigger sense of awareness, here and now, is one of the most beneficial practices for ourselves and the world.

**For more information: [Judy@JudyPruzinsky.com](mailto:Judy@JudyPruzinsky.com) 650 576-9749**

**In the hopes of not turning anyone away,  
this class is offered by donation.**

**[Click here to donate](#)**

**There is a new Zoom link for this series.**

**[Click here for Zoom link](#)**



**Judy Pruzinsky, L.Ac.**

practicing qigong for over 30 years,  
teaching on the coast for 20 years.

**Please invite a friend!**