

Weekly Qigong Classes

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

Tuesday afternoon class, 1-2 pm

10 week series: April 29 - July 22

There will be no class on 5/20 nor 5/27

We will continue practicing with the qigong form: Marriage of Heaven and Earth. One of the major organs this form works with is the liver, so perfect for springtime!

Little by little we encourage the body to open to more flexibility and less pain. The increased flow of qi and blood helps our physical health as well as our emotional and mental well being. This is the basis of good health.

We learn to pay attention to what is occurring right here, with less and less pull toward distraction. We conclude every class with meditation to bring us to more stillness and peace within.

The sense of well-being that arises for the body and mind is a powerful medicine that no doctor can provide for us.

In-person Location: 925 Main Street, Half Moon Bay Also via Zoom

For more information: 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!