

QIGONG

9 PHASES QI GONG

Sunday February 25
1:30–4:30pm

Qi gong is a branch of traditional Chinese Medicine that has been practiced in China for several thousand years. The word "Qi" (chee) means life force energy and the word "Gong" means skill or cultivation. Thus the Qi Gong is the cultivation of the life force energy by focusing the mind on breathing deeply while making gentle movements with a focused intention creates healing potential in the body.

9 phases Qi Gong is considered internal alchemy that means we will cultivate a deeper awareness of qi (energy) within the body and mind as well as cultivating deeper connection to the earth and cosmos.



MEET THE INSTRUCTORS AT



About Sandra Medina Bocangel, LAc, MD (Mexico)

Sandra Medina Bocangel, LAc, MD (Mexico). Is an acupuncturist and herbalist in Texas, and a Medical Doctor from Mexico with a residency in Physical Medicine and Rehabilitation. She currently practice Traditional Chinese Medicine in Austin and San Antonio, and offers Qi Gong classes in Austin and workshops in San Antonio. She is a diplomat through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). bocangelacupuncture.com • info@bocangelacupuncture.com



About Gayl Hubatch, OMD, LAc.

Gayl Hubatch, OMD, L.Ac. is a doctor of Chinese Medicine for 28 years. Gayl teaches nationally and maintains a clinical practice in acupuncture, herbal medicine, acupressure and qigong in Austin, TX. She is a diplomat through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and is certified to teach Qigong and Taiji, and Yoga. Dr. Hubatch is the author of: *Fabric of the Soul*, *8 Extraordinary Vessels* available at blueheroncenter.com and amazon.com.

\$75 class price
payable by
check or cash

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For questions call (512)266-2059 or
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