

**Sheng Zhen Healing Qigong ~ Meditation ~ “9 Turns” ~ Hand Reflexology**

*In the fall of 2017 the Barcroft Qigong Community will practice and focus on a set of practices designed to bring the Healing Life Force of Nature deeper into our lives.*

All forms of Sheng Zhen Gong are healing. However, **Sheng Zhen Healing Gong** is a gentle and easy to learn form that is done while seated. So, even if one is sick or injured, it can be practiced and enjoyed, bringing great benefits to the person. This restorative medical qigong blends ancient Chinese medical traditions with gentle, meditative movements. Sheng Zhen Healing Gong is an integration

**Meditation** has been used for centuries as a means of discovery as we Journey into the Interior. Forms of guided meditation from the practice of *Fung Sung Do* will be used to help center, relax and heal.

Another form from the Sheng Zhen Gong family is **9 Turns** (Jiu Zhuan Zhen Dan), a meditative non-moving lying down qigong.

Each class will begin with warm-ups to include **Hand Reflexology.**

**Instructor** - Paul Rischard - bio info at www.Peaceable Dragon.org

**Registration Information-** Ten classes beginning Tuesday, September 12, 2017and held at the Barcroft Community House, 800 S. Buchanan, Arlington, VA. Classes begin at 6:30 and end at 7:45. The last class is November 14th. You can register at the door. The session fee is $130 and cash, check and major charge cards are accepted. Drop-ins are $16 each. Checks made out to Paul Rischard.