

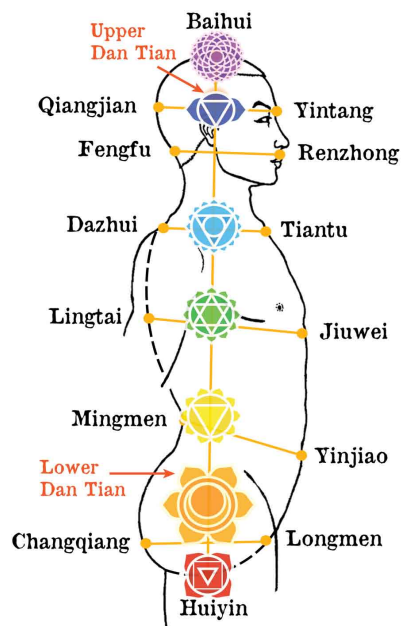
**No  
Experience  
Required**

# Meridian Qigong

**with Dr. Yang Jwing-Ming**

"One of the most sought-after Qigong Instructors"  
The Omega Institute

*A combined Qigong, Yoga & Acupressure practice. First time offered in Andover!*



**In this weekend seminar, you will:**

- ✓ Understand the link between Yoga & Qigong
- ✓ Learn basic acupressure including traditional Tui Na & Dian Xue techniques
- ✓ Supplement your Qigong practice with Yoga stretches
- ✓ Stimulate key acupoints & meridians
- ✓ Relieve many common ailments.

**Meridian Qigong is Dr. Yang's daily exercise routine . . .**

In this seminar, Dr. Yang will cover a unique combination of simple Yoga stretches, Qigong movements and acupressure techniques that can relieve energy stagnation and rejuvenate your entire body. With regular practice, your entire body will feel loose and comfortable, your reaction to stress will be calmer and your circulation increased. It can also help to heal and prevent injuries.

During this seminar, some exercises will be performed sitting and others lying down.



**Assisting Dr. Yang will be his highly accomplished daughter, Ms. Kathy Yang**



A three time U.S. Grand Champion in both internal and external Chinese martial arts, Kathy also holds a M. Sc. in Chinese Medicine as well as a B. Sc. in Traditional Chinese Medicine and Clinical Exercise Physiology. She brings with her a wide range of clinical experience and knowledge gained in her work as a neuroscience research assistant at Mass. General Hospital. Currently, Kathy is a teaching assistant at the New England School of Acupuncture. She is an accomplished Instructor and member of the YMAA family.

**For info about Qigong, Dr. Yang and Ms. Kathy Yang:**  
**[www.YangsAndover.com](http://www.YangsAndover.com)**

**ONE WEEKEND (12 hours total)**

**March 28 & 29, '15**

**Sat.: 10a - 1p, (lunch break) 3 -6p**

**Sun.: 9a -12p, (lunch break) 2 -5p**

**Register to save your spot!**

**Pre-register to secure your spot!**  
**Space is limited.**  
No experience or membership required.

*Registration info on other side.*

**Other workshops with Dr. Yang:**

- **Pushing Hands**
- **Chin Na**

**See separate flyer or call for details!**



**Yang's**  
MARTIAL ARTS

**5 Dundee Park ~ Andover, MA ~ 978.475.2020 ~ Celebrating our 26th Year In Andover**