

# SOFT WHITE CRANE

# QIGONG

(aka Chi Kung)



with Dr. Yang Jwing-Ming

"One of the most sought-after Qigong Instructors"

## Benefits of Qigong:

- Strengthens the immune system
- Conditions tendons & ligaments
- Increases muscular endurance
- Improves flexibility & balance
- Helps lower blood pressure
- Improves circulation
- Releases stress

### What is Qigong?

Qigong (aka Chi Kung) is the art of using breath and movement to regulate natural body energy. Developed in China, these ancient methods can play an active role in preventing and treating diseases, protecting and strengthening health, resisting premature senility, and prolonging life. Many Westerners are increasingly turning to Qigong as an alternative health approach.

### Soft Qigong

White Crane Soft Qigong trains the body to be relaxed and fluid. You will learn basic breathing exercises to increase **lung** function and prevent diseases of the **lungs**.

In addition to basic breathing, **spinal** (stationary, rocking and walking) and **chest exercises** will be covered. The chest exercises are particularly beneficial in helping prevent breast cancer.

Soft Qigong keeps the spine, torso and waist fit and flexible which helps to stimulate the immune system.



**3 weeks (6 hours)**

**Tuesdays, 7 - 9 pm**  
**Feb. 9, 16 & 23**

Pre-register to secure your spot!  
No experience required. Non-members welcomed!

For info about Dr. Yang, visit  
[www.YangsFitnessCenter.com](http://www.YangsFitnessCenter.com)

**Other workshops with Dr. Yang:**  
Finding Your Root, Chin Na and  
Sword Fundamentals.  
See separate flyer or call for details!



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## TO REGISTER, RETURN THE BOTTOM PORTION. Spaces are limited!

Name: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email Address: \_\_\_\_\_

Are there any health or medical concerns (past or present) of which we should be informed? \_\_\_\_\_

How did you find out about this class? \_\_\_\_\_

Soft White Crane Qigong	Member*	Non-Member
6 hours with Dr. Yang	By 2/1 <input type="checkbox"/> \$ 99	<input type="checkbox"/> \$ 125
	After 2/1 <input type="checkbox"/> \$ 109	<input type="checkbox"/> \$ 135

**Bonus Discount:** Enroll in this workshop AND all 3 of Dr. Yang's Thursday Workshops (2/11, 2/18 & 2/25) and take an additional \$10 off the total.

### WAIVER OF LIABILITY

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Martial Arts & Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice.

I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, its owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

\*Must be an active member of YMAA/YFC/YOAA during the time these workshops take place.

**Non-refundable and non-transferable 2 days before workshop.**

Participant Signature (Parent/Guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_

OFFICE USE:

Date rec'd \_\_\_\_/\_\_\_\_/\_\_\_\_ \$ \_\_\_\_ via \_\_\_\_ taken by \_\_\_\_

