

# Experience the Benefits of Holistic Healing

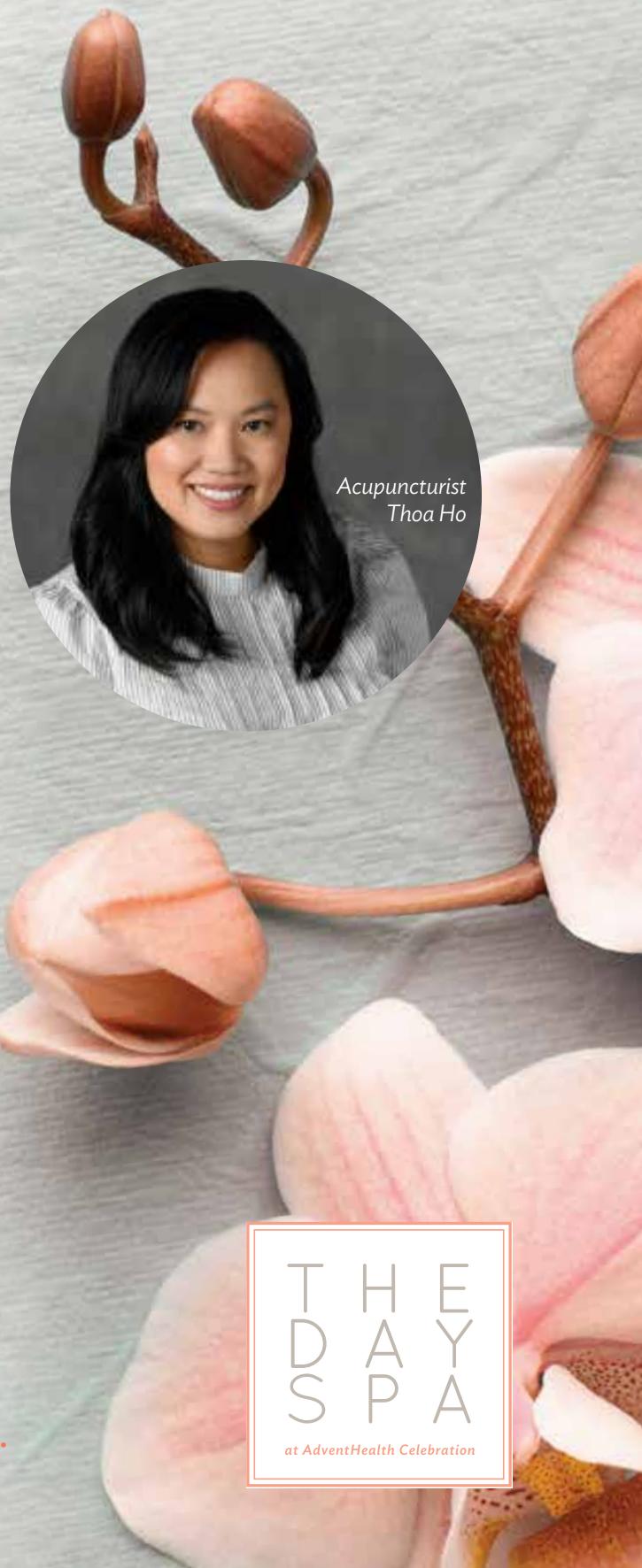
## Complimentary Acupuncture Summer Seminars

<b>Qi Gong</b>	<b>July 7</b>	<b>10:00am-11:00am</b>
<b>Sleep Health</b>	<b>July 14</b>	<b>4:00pm-5:00pm</b>
<b>Chair Yoga</b>	<b>July 21</b>	<b>10:00am-11:00am</b>
<b>Meditation</b>	<b>July 28</b>	<b>4:00pm-5:00pm</b>
<b>Tai Chi</b>	<b>Aug. 4</b>	<b>10:00am-11:00am</b>
<b>Qi Gong*</b>	<b>Aug. 11</b>	<b>4:00pm-5:00pm</b>
<b>Pain Management</b>	<b>Aug. 18</b>	<b>10:00am-11:00am</b>
<b>Chair Yoga**</b>	<b>Aug. 25</b>	<b>4:00pm-5:00pm</b>

Seminars will be held in the Palms Conf. Room, 1st floor, except where noted.

\*Seagrass Conf. Room, 1st floor

\*\*Mangrove Conf. Room, 1st floor



### Registration required.

**Please stop by the front desk or call 407-303-4444.**

**Masks required. Limited capacity.**

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Massage | Facials | Body Therapies | Acupuncture | Skin Treatments  
Indoor Pool | Heated Therapy Pool | Fitness Amenities

# Seminar Descriptions

## Qi gong

Qigong is a meditation and healing practice which has been a part of traditional Chinese medicine for several centuries. There are types of qigong, Wai Dan (involves physical movements and concentration) and Nei Dan (involves sitting meditation and visualization). Qigong has benefits for both the mind and body, including the reduction of stress and alleviating symptoms of depression. Additionally, it can increase focus and improve balance and flexibility.

## Acupressure

Learn some of the most common acupressure points for treating everyday ailments like stress and chronic pain. Acupressure is a natural, holistic technique which involves the application of manual pressure to specific points on the body, without inserting needles. According to the principles of traditional Chinese medicine, invisible pathways of energy called meridians flow within the body. At least 14 meridians are thought to connect our organs with other parts of the body. Acupressure points lie along those meridians. This technique can help alleviate headaches, stress, muscle tension, pain and improve sleep.

## Chair Yoga

Chair yoga is a gentle form of practice which can be done by sitting in a chair or using the chair as support. The poses are modified to be accessible to people who cannot stand, or for those who lack mobility. This type of yoga is adaptable to those with different types of needs, whether you are immobile or suffer from a physical injury. This practice can help slow down the process of cognitive and physical decline as we age by engaging the mind, body, and spirit.

## Meditation

Meditation is a mental training and breathing practice that teaches you to focus on your breath while noticing your thoughts without judgement. This practice allows one to slow down racing thoughts, let go of negativity, and calm both mind and body. Research supports that meditation has many benefits from physical to mental, whether its lowering stress, managing anxiety, or improving your own self esteem.

## Tai Chi

Tai chi helps to reduce stress and anxiety and improve flexibility and balance. Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.



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