



QIGONG FOR EVERYONE

Thursday Evening Qigong Classes - for all levels

Each Month (4 Classes) with a Different Qigong Instructor

Starting January 9, 2020; 7:00 p.m. to 8:00 p.m.

Qigong is a self-initiated health and wellness practice and can be described as a mind-body-spirit practice that can improve one's mental and physical health by integrating posture, movement, breath, and self-massage.

Qigong Instructors

January 2020 - James McCorkel - Jim was certified as a teacher of qigong and tai chi by the Institute for Integral Qigong and Tai Chi on September 11, 2011, and is a member of the National Qigong Association (nqa.com). **To register for the January class, email Jim at:** jim.mccorkel@me.com

February 2020 - Maxine Forster Guenther - Maxine teaches regularly; she certified in the 200 hour Qigong teacher training with Dr. Roger Jahnke at Omega Institute in 2003 and has added numerous hours of practice and study with many fine Qigong teachers since then. **To register for the February class, email Maxine at:** qigongomi@yahoo.com For information about Qigong, check her website: www.qigongforgoodhealth.org

March 2020 - Kat Grausso - Kat is a community leader of QiGong, certified through the Institute for Integral QiGong and Tai Chi. **To register for the March class, email Kat at:** katqigong@optimum.net

April 2020 - Melinda Applegate - Melinda Applegate became a certified Qigong instructor in 2015 with her teacher Lee Holden from the Santa Cruz Chi Center where she learned the Five elements style transmitted from his teacher, Mantak Chia. Melinda has studied with various masters over the years. Dr. Roger Jahnke, Daisy Lee and Robert Peng are among her favorites. **To register for the April class, email Melinda at:** melinda_applegate@yahoo.com

May 2020 - Jeanne Daumen - Jeanne is a certified Qigong instructor under Medical Qigong Practitioner, Herbalist, and Acupuncturist Deborah Davis. **To register for the May class, email Jeanne at:** giveqihugs@gmail.com

June 2020 - Robert Lavin - Bob is an Integral Qigong Practice Leader certified by the Institute of Integral Qigong and Tai Chi. **To register for the June class email Bob at:** Rlavin464@comcast.net

Community Room, Unitarian
Universalist
Congregation
of
Monmouth
County

1475
West

Front
Street,
Lincroft,
New
Jersey
07738

COST: \$40 per month (4 class series)

If you cannot afford the fee for the one-month series, please see the instructor for that month, so we can make some adjustment in cost