



## ***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](mailto: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](mailto:qigongomi@yahoo.com)** For information about Qigong, check her website: [www.qigongforgoodhealth.org](http://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](mailto: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](mailto: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](mailto: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](mailto: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**