Dear Friends,

Many of you have been curious about QiGong (pronounced chi-gung) and its correlate NeiGong for awhile, or are now intrigued after hearing Nancy Graham's sermon on September 22. (Recording at https://www.youtube.com/watch?v=PKLpXf-qaKs&t=25s).

We are blessed with the rare opportunity to learn this practice in a systematic way from Nancy Graham, a dedicated teacher studying with a lineage master, Damo Mitchell. This path is grander and deeper than Western types of "exercise." That this class is both local and economical is a precious gift.

There are several styles of QiGong and NeiGong, which you can check out on YouTube. Information about Damo Mitchell's work and the practices we will explore can be found at: https://lotusneigong.com/ His site includes many videos.

If this appeals to you, here are the details for you to join us:

Tuesdays, 10:30-noon, in the sanctuary; Oct 8-Nov 12. *Please arrive around 10:20 ish*, so we can space ourselves, move chairs, etc., and start on time.
BRING: warm socks, a yoga mat, a notebook & pen, & $10 plus optional building donation, cash or check only. (Check made out to Nancy Graham.)

If you don't know if this will appeal to you, come to the first classes. Yes, if possible, plan to stay for the series. If you need to miss some sessions, you can join when you can. What happens after these 6 classes is up to us; the vision is to cohere into a cohort and continue.

Any questions, email me (Adria Evans) at adria@uri.edu If you have specific questions for Nancy, especially medical issues, her email is nancy@springlotus.com PLEASE use something like *Qi Gong class* in the subject line.

Hope to see those of you who are called.

Adria