

Qigong and Taijiquan

Cultivate Your Health, Vitality and Spirit!

Sebastopol Classes

Mondays 5–6 pm

Yin-Style Bagua Daoyin, all levels

8 Healing Sounds, 8 Storing Qi and Sensitivity Development

Downtown Dance Art Space, 172 North Main Street

Next to the Sebastopol Cookie Company

Saturdays 8:30–10 am

Yang-Style Taijiquan (Tai Chi Chuan)

Drills on the fundamentals, long form training

Libby Park, North Pleasant Hill and Valentine streets

Look for us behind the tennis courts. Dress for the weather.

Start Qigong anytime, start Taijiquan the first class of any month. Private instruction is available by appointment.

Monthly Fees: 1 Class/week–\$30, 2–\$50
Qigong Drop In–\$10

The Instructor–

David Parker has studied Chinese martial and meditative arts for twenty-four years. He is a certified acupressure and massage therapist in private practice since 1984, and is the owner of Integrative Body Works in Sebastopol. David teaches in a clear and friendly manner, openly sharing his knowledge of the theory and practice of Qigong and Taiji.

Qigong and Taijiquan (Tai Chi Chuan)–

Qigong and Taijiquan are traditional Chinese energy cultivation arts. They combine posture and movement with breath and focussed mind practice. Qi itself is the energy or “spark” that motivates all things in life. As our Qi circulation becomes stronger and more organized through regular practice, everything in life functions more smoothly. There are many well-documented examples of the effectiveness of these exercises in improving both minor and serious health imbalances.

Qigong comes in various shapes and flavors, from quiet standing meditation to vigorous moving styles. I have chosen a selection of forms with Taoist and Buddhist origins, and teach them in a step by step progression that will slowly build up your sensitivity, awareness and strength. This work is simple at the beginning and endlessly deep as one progresses; valuable to people with only a little time to practice, or a lifetime to learn. Your first class is always free of charge, so come join us in the spirit of Qi, and learn some new skills. It’s fun, rewarding and makes you feel great!

For more info– call David at 824-9630

Qigongfu.com