

The Ancient Healing Art of Qi Gong



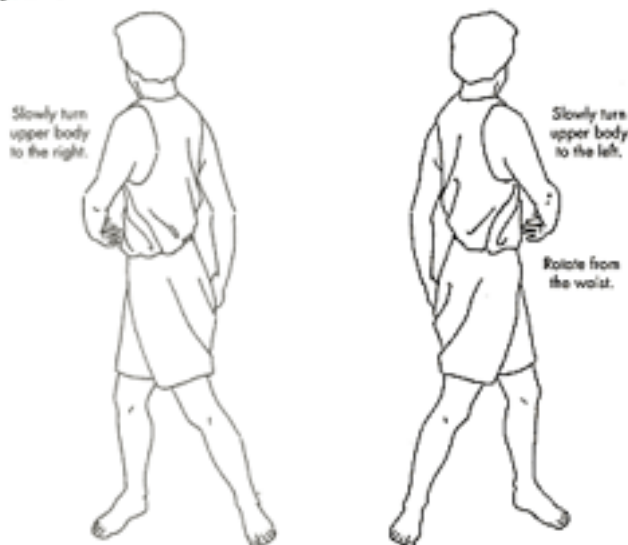
Current Class Schedule: Wednesdays

6-7PM at Stepping Stone Yoga Studio
16 Iris Lane, Jeffersonville, followed by
one hour of meditation. For information,
visit www.steppingstonevoga.com

Saturdays

9-10AM at 491 Cambridge Rd., Westford
followed by 35 minutes of meditation
11:15AM-12:15PM at Bird's Nest Dance
Loft (65 VT Rt 15, Jericho). For more
information: www.birdsnestdance.net

*Please wear loose, comfortable
clothing of subdued color and
be sure to bring some pure
water along to stay hydrated.*



Qi Gong is an extremely ancient, traditional physical culture modality from China. Some sources say it dates back over 70 centuries. Even though it's a healing art, it's known as the grandfather of all the martial arts and in China alone, is practiced by 100-200 million people every day. The Chinese word for "air," "breath" or "energy" is qi, pronounced "chee," as in "cheek." "Gong" is the Chinese word for "work," "practice" or "effort." So, put together, the term Qi Gong means "Energy Practice/Energy Skill/Breath Practice."

Most of the over 8000 styles of Qi Gong combine slow, rhythmic movements and postures with coordinated breathing to achieve inner tranquility, vitality and strength. Although making generalizations is not altogether accurate, Qi Gong can be divided into three main categories—soft, hard and medical. The soft styles are the ones emphasized in these classes. Some of them are very simple and others more complex but they all have these same basic elements of breathing and moving with focus and attention, while maintaining a relaxed mental attitude. We joyfully engage the movements that allow us to experience the wonderful complexities of living life with balance, harmony and inner vitality, encouraging the growth of power, strength, will and gracefulness along with spiritual attunement and maturity.

The ancient Chinese language is based on characters, rather than letters. The upper character stands for Qi, "Energy." and the lower, for Gong, "Skill."

氣
功

Entry Level Classes & beyond
with Jim Robicsek, M.H.

For over 7000 years Qi Gong has been used by people from every background. It emphasizes our connection with Nature and the Universe. The great Qi Gong teachers say that it is persistent, daily practice that brings about success so the student is always encouraged to add a few minutes of Qi Gong to their daily routine. The practice is always the best when there is a balance between daily, personal practice and working with a teacher. Qi Gong (or energy practice) gives us the opportunity to develop a daily routine wherein we ground and center ourselves through the practice and in so doing, energize ourselves, opening up to greater levels of awareness and so, improve our wellbeing in many ways.

These classes focus on helping the body/mind complex respond to the natural flow of energy within us, discovering it's various phases, developing it to a highly refined degree and using it in our everyday lives. Qi Gong is practiced by people of all ages from the very young to the venerable, long-lived elders of China and other Asian cultures.

From ancient times, legions of people have reported remarkable results from doing Qi Gong regularly; better health, clearer thinking, feeling more grounded and alive with more energy, stamina and vitality. And even if such results were not immediately apparent, the modality itself is a joy to engage in and experience for oneself.



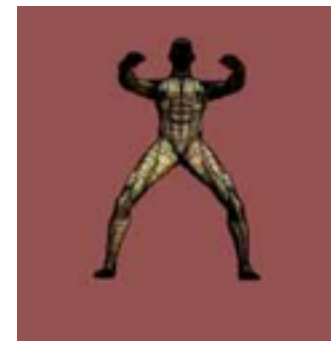
"Learning the basics of this practice is the most valuable thing I have learned this year. Because it is breath-based, simple and slow, it will integrate with any other yoga or meditation practice you may be familiar with. The results are both immediate and long-lasting." Casey, Johnson, VT

"I am a single mother of three. Besides my somewhat stressful job, I am also a grad student. Nothing unusual there, except I have also had major illness and I still smoke cigarettes, and I had my kids later than most. So to say that I was wired out on adrenaline and caffeine before I was introduced to this practice is an understatement. I was too exhausted to sleep. In an hour of Qi Gong practice I am energized for three days. It fills your body with energy. You learn how to breathe correctly, which lowers stress and, for me, cigarette consumption. My water weight gain vanished and digestive problems normalized. I can now deal with my job and school demands with ease and I sleep like a baby. It's not strenuous or hard to do and I never had an injury from it like I have sometimes experienced with Yoga and weight training. It gives me a sense of physical well being that permeates the rest of my life. Sometimes I even reached a state of bliss. Qi Gong is empowering for the person who has a little too much on their plate." Melanie, Johnson, VT

"Since doing Qi Gong exercises about 1/2 hour/day, the joint pain in my knees diminished....for me it is enough to keep to a daily Qi Gong regime. Moreover, I like the excuse to go through fluid movements." Jan, Underhill, VT"

"It's not always common where a student finds both a practice that s/he wants to study and a teacher that is learned, patient, and supportive. Jim is a masterful teacher of Qi Gong practice. He gives the ancient practice a relevance for today's culture and times. His classes are restorative, rejuvenating, relaxing, enlivening and fun as well. I always feel renewed after class. In addition, the lower back pain that usually plagues me during the gardening season disappeared since I've

been a Qi Gong student!! The practice of Qi Gong has been invaluable to me in the face of recurring family medical emergencies. I am able to breathe through these and remain relatively centered and calm. Rather than feeling drained during and after these crises, I am able to return to routine life in much better shape than before I was doing Qi Gong." BR, Waterville, VT



"Qi Gong is approachable and doable by anyone and is so beneficial to well-being, improves balance etc. Jim also has a wonderful teaching style." Jo Anne, Morrisville, VT

"These classes are the most beneficial movements I've experienced. After a class, one feels soul cleansed, carrying deep inner peace & energized. I sustained a very serious shoulder injury this past winter and was put back together by a most gifted orthopedic surgeon. After months of recovery, consisting of PT, Reiki and Qi Gong classes, I feel whole again. The range of motion I got back and the strength training I'm still receiving by attending these classes is priceless. Thanks to Jim's guidance and natural healing modalities I will return to my very active life and career soon and now have the body, mind, spirit connection fitness plan for life." Cynthia, Waterville, VT

"Out of all the classes I take every week, this is the one I always look forward to." Annette, Fletcher, VT

For further information, or to schedule a private session, contact:
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