



## **New Class Announcement**

### **Silk Reeling Qigong**

#### **A Self-Care Program for Better Health & Well-being**

Begins Friday, January 20, 2012; 10:00 – 11:00 am  
8 Week Session; Cost - \$70

Central Baptist HealthwoRx Fitness & Wellness Center  
161 Lexington Green Circle Suite B2  
Lexington, KY

***Silk Reeling Qigong***, also called Chan Si Gong (Chan (routing or pulling) Si (silk) Gong (Skill)) is a set of repetitive spiral movements with the hands, arms and body. The gradual opening and closing movements create inner energy circulation, better joint mobility, improved leg strength, tendon and muscle conditioning and significantly improved balance and coordination. It is an important training method for developing a deep sense of relaxation. Silk Reeling Qigong teaches the principle of moving the body as one unit. The introduction of a ball during this practice accelerates the health benefits by promoting a deeper awareness of breath and body coordination. This practice can be done either standing or while seated. This is an excellent course for improving joint health and enhancing life-long wellness. Suitable for all ages.

#### **Benefits of Silk Reeling Qigong practice include:**

- Improves overall health and well-being
- Improved blood sugar control
- Strengthens the immune system
- Rejuvenates body, mind and spirit
- Improved relaxation and sleep
- Improved weight control
- Improved blood pressure and circulation
- Effective stress reduction
- Improves balance, agility, flexibility, mobility
- Loosens and strengthens joints and muscles
- Increased energy levels
- Better concentration and improved mood

**Information and Registration: 859-260-4438; 859-260-4354**

**Or email [Diane.Sutton@bhsi.com](mailto:Diane.Sutton@bhsi.com)**

**or contact**

**The Kentucky Tai Chi and Qigong Center**

**859-361-2524**

**[www.kentuckytaichi.com](http://www.kentuckytaichi.com)**