

**The Liphe Balance Center**  
**presents:**

**Qigong Workshop**  
**with Julie Moffat**

*"Julie's teaching is regenerative, using sound, imagery and movement,  
a shift is created." ~Barbara*



This Qigong workshop will introduce you to powerful practices of Qi movement, breath, visualization, sound and color. A regular Qigong practice helps to “turn on” the medicine within the body and take your health back into your own hands.

You will be introduced to simple movements that help to strengthen and nourish your internal organs; boost the creation of T-fighting cells and release anxiety and fear in the body.

Are you looking for ways to increase your energy and at the same time reduce stress and anxiety? The ancient practices of Qigong offers simple yet powerful ways to move the body; increase flexibility and balance; quiet the mind and improve sleep.

**This workshop will focus on the following:**

Qigong movements that help with internal and external balance including proper stance, one-legged movements and the importance of grounding.

Qigong movements scientifically shown to boost the creation of T-fighting cells. Qigong walking and dynamic movements to increase the flow of lymph and blood.

Qigong movements and breathing techniques to ensure a deep, restful night of sleep.

Qigong movement that help you to slow down your breathing and rebalance the central nervous system.

Qigong guided meditations to align you with your highest self and provide you with a strong sense of empowerment.

***No prior experience is required and all ages are welcome.  
Tea & discussion offered after class.***

**UPCOMING DATES IN MAY**

**MONDAYS**

**7th & 14th: 12:00 PM - 1:00 PM**  
**21st: 6:00 PM - 7:00 PM**

**FRIDAYS**

**11th, 18th, & 25th**  
**11:00 AM - 12:00 PM**

**\$20 per class. Five classes for \$90.**

Email Barbara to reserve your space: [liphebalance@gmail.com](mailto:liphebalance@gmail.com)  
For more information on this and all Liphe Balance Center events  
please visit [www.liphebalance.com](http://www.liphebalance.com) or Facebook.com/LipheBalanceCenter  
The Liphe Balance Center of Weston, CT | LipheBalance.com ~ 203.912.2791