

Sheng Zhen Healing Gong Wednesday August 6th from 9 to 1

Taught by Dr. Mark J. Romano

Cost: \$75 (LIMITED TO 10 PARTICIPANTS)

Sheng Zhen Gong involves gentle movement, breath, and stillness that nurtures your awareness and a kind relationship with your body and self. This workshop will focus on quieting your mind, relaxing your body, and soothing your heart.

This practice helps induce a relaxation response that may positively impact the body's natural healing ability and increase your sense of balance in a seemingly stressful world. Sheng Zhen Healing Gong is a wonderful form performed seated in a chair. It is loved by many for the physical and mental benefits it has bestowed upon them.

Experts in the field of mind body medicine call this induced state the relaxation response, which increases your sense of balance in a seemingly stressful world and may positively impact the immune system. This class will address the needs of beginners and advanced students.

Mark J. Romano is a licensed Naturopathic Doctor, wellness educator, and Sheng Zhen Gong teacher with over 20 years of experience in the field of health and wellness.

Dr. Mark's naturopathic practice is located at the Sportsplex@Fairfield and is called BAREFOOT MEDICAL ARTS. His approach is to intergrate Western medical science with Eastern healing philosophy to create sustainable healthcare programs for his patients and students.

Dr. Mark is a certified Sheng Zhen Qigong teacher. He has trained under the guidance of respected Qigong Master Li Jun Feng, and has been teaching individuals and groups Sheng Zhen Qigong since 2003. Dr. Mark choose the practice of Sheng Zhen Qigong because of the humility and kindness of his master and it's belief that unconditional love/global empathy is the most powerful force in the universe.