



# Qigong Exercises for Spine Flexibility and Body Toning

Recent medical research is linking inactivity to increased likelihood of disease. In addition, we all know that maintaining your flexibility and muscle tone is essential to maintaining a high quality of life as we age. This class focuses on simple Qigong exercises for maintaining and improving flexibility of your spine, strengthening and toning your back as well as your entire body. The exercises are also useful for managing back pain. In this class you will learn:

- The All-Season Qigong for Spine and Chest
- Taiji Ball Qigong
- Taiji Yin-Yang Symbol Tracing Qigong



Taught by YMAA certified Qigong Instructor Roger Blough, as learned from Dr. Yang, Jwing Ming.

**When:** Tuesdays, 10-10:50 AM New students  
can join at any time.

**Where:** Qi Elements Center, 464 Herndon Parkway, Suite 215,  
Herndon, VA 20170

**How much?** \$18 per class or \$15 per class with the purchase of  
a package of five or more.