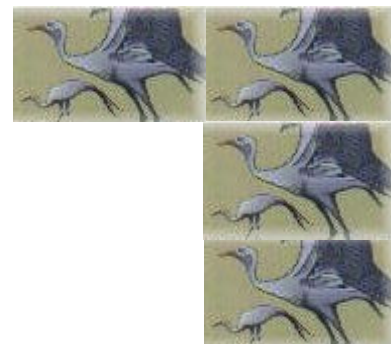


Soaring Crane QIGONG



Soaring Crane Qigong is an artful way of fortifying the body's innate ability to heal. A graceful, slow-moving form, Soaring Crane looks like tai-chi, feels like meditation and delivers the benefits of acupuncture. A form of self-care appropriate for adults of all ages and levels of physical ability, regular practice of Soaring Crane Qigong:

- develops evenness of mood and energy
- reduces physical symptoms of stress
- replenishes inner resources of calmness, resiliency and compassion
- maintains and restores health
- deepens the ability to listen, be present and hold a quiet mind
- accesses a strong sense of self

Qigong is a choreography of movement, mind-work and meditation. Intricately partnered with the long-standing wisdom of Chinese Medicine, qigong restores physical, emotional and spiritual balance.

Soaring Crane Qigong is a graceful and comprehensive form well-suited to those seeking prevention or recovery, from diseases, injuries or the tolls of daily life. One of the most popular qigong forms in China, Soaring Crane has a strong presence in the Pacific Northwest and a vibrant, active community in Seattle.

Participants will learn qigong theory, two short Remedy Routines, and the comprehensive Five Routines. No special clothing necessary. Focused mind-work is a requirement: other qigong forms are better suited for those unable to sustain consistent mental focus, whether due to medication or current psychological circumstance.

Certified Qigong Instructor

Martha Hurwitz initially tried qigong as an antidote to cancer treatment. Drawn to its preventive promise, she was surprised by the insights, stability and day-to-day health her qigong practice delivered. Martha is a former rock climber, sometimes dancer and longtime writer with a background in education. She brings an understanding of movement and appreciation of learning styles to her teaching of the Soaring Crane form. She lives in Seattle with her husband and two children.



- Fall 2008 -



12549 28th Ave. NE (Lake City)

- 3 fall options for beginners - \$130/session -

Weekly Classes:

Tuesdays | 7 - 9pm | Oct 7 - Nov 11

-or-

Thursdays | 12 - 1:30pm | Oct 2 - Nov 20

-or-

Weekend Workshop:

Sat Nov 15 | 1 - 5pm AND Sun Nov 16 | 9am - 5pm

- special workshop: \$60/please preregister -

Qigong for Body Workers: A Workshop in Self-Care
Fri Oct 24 1-5pm

- weekly practice sessions for continuing students -