

# Qigong Healing Workshop

Suwannee River Yoga presents:  
Certified Qigong Instructor

Jennifer Downey

October 10th  
9-11:30am



- \* Learn breathing and movement to boost your own energy level.
- \* Learn simple techniques to develop strong immune function and overall health.
- \* Increase your sensitivity to Qi.

For over 5,000 documented years, Qigong has been used by emperors, the royal bloodlines and members of elite martial schools like Shaolin & Wudang. Advanced Qigong Breathing Exercises and slow movements develop the "Qi-Energy". This Qi-Energy has profound effects on blood circulation, immunity and strength.

Jenn is an instructor of Qigong and Oriental Medical Theory at the Florida School of Massage, and of Chinese Herbology at the Academy of Five-Element Acupuncture in Gainesville, Florida.

Preregister by October 5th at  
[dottie1@windstream.net](mailto:dottie1@windstream.net)  
[www.suwanneeriveryoga.com](http://www.suwanneeriveryoga.com)

16548 Spring Street, White Springs, Florida 386-208-3966

\$35 for workshop  
\$7 for Vegetarian Lunch

