



Qi Gong - Portal to Awareness
(Oct) PEMS2675, (Apr) PEMS2676

"Be strong, and enter into your own body; for there your foothold is firm. Consider it well. O my heart! Go not elsewhere! Put all imaginations away, and stand fast in that which you are." Kabir (1440-1518)

Qigong is an ancient Chinese self-healing art and energy cultivation system that uses a series of gentle, focused exercises for the mind and body. The system combines slow Tai Chi-like movements, breath work, static postures, self-massage, visualization and meditation to enhance the flow of *qi*—vital energy or life energy—throughout the body, increasing overall quality of life and improving flexibility and immune function. The practice of Qigong enables the honing of the usually scattered mind into a focused mind, helping to rediscover one's natural energy, harmony and wholeness—Qigong as portal to Awareness.

Who Should Attend?

- Suitable for beginners and for those already involved in a Qigong and/or Tai Chi practice

Topics:

- Introduction to the art of Qigong
- Various dynamic (moving) and quiescent (still) Qigong practices
- Using breath to cleanse, to dissolve tension, to expand awareness
- Standing and sitting meditation
- Techniques of self-massage

Learning Outcomes:

- How to create a daily, personal, simple Qigong practice of any duration – from 10 minutes to one hour and longer
- Improved posture; increased awareness of breath and body/mind connection
- How to "rest" in a state of deep yet energized relaxation, free from physical, emotional and mental tension
- Experience of moment-to-moment mindfulness
- Awareness of the profound inner medicine and how to access it

Facilitator: Purna Ma has been a devoted and passionate teacher and practitioner of Qigong and Tai Chi for 19 years. She is a former Shiatsu Therapist and Registered Massage Therapist who practised in Toronto at her own natural health centre. Purna Ma has had a committed meditation practice for many years and currently resides at the Forest of Peace Community on Salt Spring Island where she teaches ongoing Qigong and Tai Chi classes. She is regularly invited to facilitate retreats and workshops throughout North America. Purna Ma's ability to communicate the deep and subtle aspects of Qigong with enthusiasm, clarity and simplicity, is considered by her peers and students to be her unique contribution to the art. Her approach is gentle, encouraging and compassionate and draws on her years of deep inner exploration and extensive experience.

Length: 2 days

Date: Sat Oct 29 & Nov 5, 2011 or Apr 14, & 21, 2012

Times: 10am - 1pm

Cost: \$95 + applicable taxes

Best to Register By: Sat, Oct 15, 2011 or Sat, Mar 31, 2012

To Register:

Register online at <http://www.royalroads.ca/continuing-studies> using Visa or MasterCard; or by telephone, Monday to Friday, 9:00 a.m. – 4:00 p.m. at **250-391-2600, ext. 4801**; or **Toll Free at 1-866-890-0220**. Or, come by in person to the Continuing Studies reception area in the **Grant Building, 2005 Sooke Road, Victoria, BC, Canada V9B 5Y2**.