



## **QIGONG: Emotional Balancing, a Daily Routine**

Join Mark R. Reinhart for this nine-week session during which you will learn a complete Qigong Set for daily practice designed to address all aspects of health and wellbeing. Qigong (pronounced: 'chee gong') is an ancient Chinese approach to complete health. Regardless of your state of health, whether you are coping with a medical condition or are just interested in learning a viable and easy to do daily regimen, this is the class for you.

Not only will you learn a series of simple but effective movement exercises, but you will also learn about the centuries-old Chinese approach to balance and health.

### **The program will include:**

- A warm-up set to increase blood circulation and warm the muscles in preparation for more involved movements.
- An exercise which focuses on strength training and muscular development (The Exercise of the Monk)
- A series of 8 Movements designed to circulate healing energies throughout the entire body (Ji Ben Qigong)
- Both stationary and moving meditations to help quiet the mind, understand stress and help regulate/balance the entire body.

**Days:** Thursdays, September 14, 21, & 28; October 5, 12, 19, 26; November 2, 9

**Times:** 7:00 to 8:00PM

**Instructor:** Mark R. Reinhart

**Location:** Anderson Sports Center Aerobics Room

**Cost:** \$100.00 (Discounts do not apply.)

### **Mark R. Reinhart - MMQ**

Mark has been a practitioner of the energetic arts for over half a century, and has been involved with the Eastern philosophical, martial and healing arts since the late 1960s. He has extensive and ongoing training in all aspects of both Traditional and Classical Chinese health and wellbeing practices along with numerous styles and systems of Qigong and Taijiquan. Mark has been a Professional Member of the National Qigong Association (NQA) since 2006, served on its Board of Directors for seven years and as NQA President for four years. He is a regular presenter at the annual NQA Conferences. He lectures and teaches across the country and can be contacted at Three Pure Rivers Studio for the Arts in Drums, PA. [www.threepurerivers.com](http://www.threepurerivers.com).

**For additional information,** please email [funfitness@misericordia.edu](mailto:funfitness@misericordia.edu) or call 570-674-6289.

**To register,** complete the attached registration form and mail or fax to: Misericordia University, 301 Lake Street, Dallas, PA 18612, Attn: CACE; Fax: 570-674-6232. The form can also be emailed (as a scanned document) to [funfitness@misericordia.edu](mailto:funfitness@misericordia.edu).