

# Jingang Qigong

## "A New Self" Health-Care Opportunity



The practice of "Easy, Fun, Safe, Relax-and-Smile Jingang Qigong" is a new 6-week class offered at Neighborhood Congregational Church, led by a long-time pastor in our denomination, Thomas Kugler.

The first six weeks of learning and practice sessions will run **Jan. 7 - Feb. 11**, meeting every Wednesday from 12:00pm to 2:00pm in the sanctuary.

Suggested Donation: \$10/session or \$50/full six-week session which will help support Neighborhood Church's work in the community.



### Easy to Learn

This style of Qigong is easy to learn and is practiced by focusing on breath, simple movement, visualization, relaxing, and smiling. It can be done sitting in a chair and works well as an adjunct to meditation. Each class begins with stretching. The benefits of this practice are as important to our long-term health and happiness as are exercise, eating healthily, resting, and having a positive outlook.

### Daily practice can:

- ▶ help heal our negative emotions and the disease they cause in the body
- ▶ reconnect us with our innate sources of healing - kindness, love for all, and forgiveness
- ▶ remove energy blockages and reveal our natural spiritual gifts of:
  - ▶ inner peace, patience, kindness, joy, gratitude, humility, courage, tenderness, generosity
- ▶ develop the ability to relax in healthy ways with greater energy flow
- ▶ allow our bodies to fight sickness and reduce the effects of aging
- ▶ help build unstoppable confidence within ourselves

**When:** January 7, 2015

**Where:** Neighborhood Congregational Church  
340 St. Ann's Drive  
Laguna Beach, CA 92651

**Time:** 12pm - 2pm

**Cost:** suggested donation of \$10/class or \$50 for full six week session

**Other:** No experience necessary!

**Contact:** [revtkugler@gmail.com](mailto:revtkugler@gmail.com)

*free parking available in our lot off of Glenneyre St.*