



ROBERT BATES HEALING



Simple Taiji

and Shibashi Qigong

8-Week Class: May 01 to June 21, 2012

www.funwithqigong.com

**FUN WITH
QIGONG**
(say "chee gung")

When: Tuesday and Thursday Afternoons, 12:00 pm to 1:00 pm

Cost: \$80 for the entire series

Location: Body in Balance Studio
8837 Guide Meridian, Lynden, WA 98264

Sign Up: (360) 354-0359

**Come to one or two
classes a week
for the same price!**

Additional classes are open at Robert's Axton Road studio, also for no additional cost! This is at 1095 E. Axton Road, Bellingham, WA 98226.

Simple Taiji is Advanced Movement

Many times I have heard from people who tried to learn Taiji (Tai Chi) that the moves were too complex and the form was too long to remember. Instead of using their class and practice time to learn healthy principles movement, they would mostly be overwhelmed. The Simple Taiji Form solves that problem. This form consists of just two postures repeated six times, plus some transitions. By investing a shorter time in learning the moves, you are able to explore many principles of Taiji Qigong. You aren't spending all your efforts in remembering (and forgetting). The Simple Taiji form will strengthen your whole body, lower your blood pressure (if needed), improve the health of your spine, replenish your energy resources, improve your breathing, aid your digestion and elimination, and release tension. Daily practice of this little form will make your life better, healthier and probably longer.

Shibashi (Taiji Qigong)

The exercise sets known as Shibashi in China are more commonly called Taiji Qigong in Western countries. Taiji Qigong is a series of graceful, meditative movements based on the healing martial art of Taiji Chuan. This Qigong consists of simple, gentle movements that are effective in opening energy flows, balancing the brain and body, and improving the strength and flexibility of the spine. It is also quite helpful for balancing the two side of the body, the peripheral nervous system and turning on the relaxation portion of the autonomic nervous system. You will develop better coordination and body awareness and you will attain a peaceful vitality.

Dr. Robert B. Bates, DC, MMQ, is a healer and a teacher of healing. As a teacher he simplifies, encourages and inspires, while getting to the essence of the art. He received his Master of Medical Qigong certificate from the International Institute of Medical Qigong in 2001. He has been teaching Qigong for 15 years.