

Taoist Meditation and Qigong

Thursday class, 7:30-8:30 pm Zoom only

Eight Weeks - May 14 - July 16

(no class on June 4 or 11th)

Dragon and Tiger Qigong.

In China, Dragon and Tiger is practiced by 20 million people. It teaches you to clear out blockages (pain/ disease). This increases the circulation of qi, blood, and other bodily fluids, resulting in more energy, better immunity, easier movement of joints, release of tension and stress, and increase stability. It is even prescribed for cancer patients, to reduce the effects of chemotherapy and radiation.

We will continue to start each class landing strongly in our bodies, and conclude each class with meditation. Cultivating the bigger sense of awareness, here and now, is one of the most beneficial practices for ourselves and the world.

If you are new to this form please contact me to make an appointment for a private class. This will allow you to enter into the class more seamlessly.

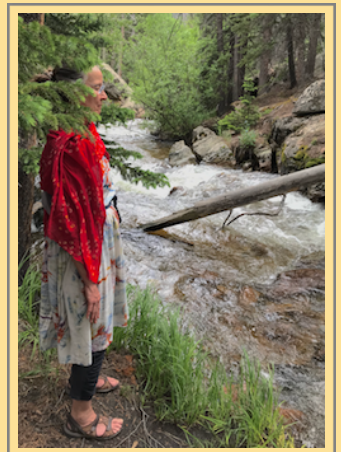
For more information: Judy@JudyPruzinsky.com 650 576-9749

**In the hopes of not turning anyone away,
this class is offered by donation.**

[Click here to donate](#)

There is a new Zoom link for this series.

[Click here for Zoom link](#)



Judy Pruzinsky, L.Ac.

practicing qigong for over 30 years,
teaching on the coast for over 20.

Please grow the community and invite a friend!