

# Weekly Qigong Classes

Tai chi / Qigong is to China what Yoga is to India

qigong can be called exercise

it can be called meditation

it can be called moving mediation

**Tuesday afternoon class, 1-2 pm**

**10 week series: May 12th - July 16th**

We will continue practicing with the qigong form: Marriage of Heaven and Earth. This simple yet complete form known to especially address issues of the lungs and liver (always a good organ to keep healthy, especially in times of stress).

We start by bringing attention to our alignment and breath, and letting go of the multitude of distractions we endlessly entertain. We get in touch with our body's inherent wisdom to guide us. We allow the aliveness within to awaken and to circulate bringing a sense of clarity and ease. We conclude every class with meditation to bring us to more stillness and peace within.

The sense of well-being that arises for the body and mind is a powerful medicine that no doctor can provide for us.

**In-person Location:** 925 Main Street, Half Moon Bay      **Also via Zoom**

**For more information:** [Judy@JudyPruzinsky.com](mailto: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 20 years.

**Please grow the community and invite a friend!**