

Edmonton Qi Gong Practice Group Introductory Classes
(starts 1st Wednesday evening every month)

The evening introductory classes are gentle, easy and pleasant. The exercises are simple, but surprisingly powerful. Our style of Qi Gong is a sitting meditation-style with emphasis on breathing and later on visualizing and moving energy. Our teacher is Dr Steven Aung and the monthly Intro classes are taught by his various Qi Gong students.

The Intro sessions involves sitting on a stool in a formal meditation posture - focusing on specific breathing patterns. For those who experience discomfort or pain, we welcome participants to lie down (in which case, a yoga mat or foamy should be brought). Otherwise, participants are encouraged to dress comfortably and remove their shoes at the door.

Classes begin on the first Wednesday of each month and run for the duration of the month (4 or 5 weeks). They run from 7:30 to 9:00 pm.

Our classes are held at the Riverdale Rink House, which is beside the Riverdale Hall (9231 100 Ave). The Riverdale neighbourhood is east of the Shaw Convention Centre and Grierson Hill/95 St (on the north side of the river). *Please note the Dawson Bridge is open again.*

To get the most out of the classes, participants should commit to practicing 15 to 30 minutes per day for the month.

After completion of the Intro class, participants are welcome to join in the practice sessions on Tuesday evenings or Wednesday mornings. These sessions involve learning more advanced practices (*moving energy, meridians, visualizing, and vocalizing*).

Cost: There is no charge to participate in any of the above sessions. However, many who attend the regular practices donate to cover rent of the facility (and a few expenses beyond that).

Please note Dr Aung conducts his annual comprehensive introductory weekend workshops once a year both in Edmonton and Calgary (usually in the Spring). Please refer to Dr. Aung's website for more information (and the registration form), or call his academic office at: (780) 421-4777.
