

Introductory Classes

What:

The Introductory classes are very pleasant and the practices are quite 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 Intro classes and the practice sessions are taught by his various Qi Gong students.

The Intro classes will involve sitting on a stool in a formal meditation posture and focusing on some specific breathing patterns. Quite easy: quite enjoyable. For participants who have a lot of pain, lying down is an alternative, in which case you should bring a yoga mat or foamy. Otherwise, you should dress comfortably and, because we are in a Buddhist temple, remove your shoes at the door.

When & Where:

Intro classes begin on the first Thursday of each month and run for the duration of the month (4 or 5 weeks) from 7:30 to 9:00 pm. **This is a drop-in class - no registration necessary.**

We practice at OOSa Korean Buddhist Temple, 10155 - 89 St, in Riverdale, near downtown, off Roland Road by the Dawson Bridge. If you know where Riverdale is, you should have no problem; otherwise give yourself some extra time to find the place (a couple of hints: it is east of the Convention Centre and Grierson Hill and 95 St; northside of the river in a tucked away little turn of the river). Click on the link provided for a map. <http://www.aung.com/pdf/EdmontonLocationMap.pdf>

Commitment:

To get the most out of the Intro classes you should commit to practicing 15 to 30 minutes per day for the month (and afterwards if you find this practice suits you).

Cost:

There is no charge. Many of those who attend the regular practices donate to cover the rent and we have few expenses beyond that.

Regular Practices

When & Where:

We also have regular practice sessions Tuesday evenings or Wednesday mornings at OOSa Korean Buddhist Temple, 10155 - 89 St, which you are welcome to join after completing the Intro classes. The practice sessions are practices rather than classes. Learning the advanced practices (moving energy, meridians, visualizing, and vocalizing) through the practice sessions, after learning the breathing and posture in the Introductory classes, takes more effort for beginners but is very doable and worthwhile.

Cost:

There is no charge. Many of those who attend the regular practices donate to cover the rent and we have few expenses beyond that.

Workshops

Please note that there is no obligation or expectation to take the workshop in order to participate in the introductory classes or the practice groups offered at OOSa, however, if you find our style of Qi Gong suits you, Dr Aung offers weekend workshops which I would highly recommend. The workshops are offered once per year, usually in the spring, in both Edmonton and Calgary. Information about them will be available on Dr. Aung's website <http://www.aung.com> close to the time they happen, so watch for them if you are interested. His Qi Gong workshops usually cost about \$325.

Again, enjoy.

with loving kindness,
Jim Elphinstone