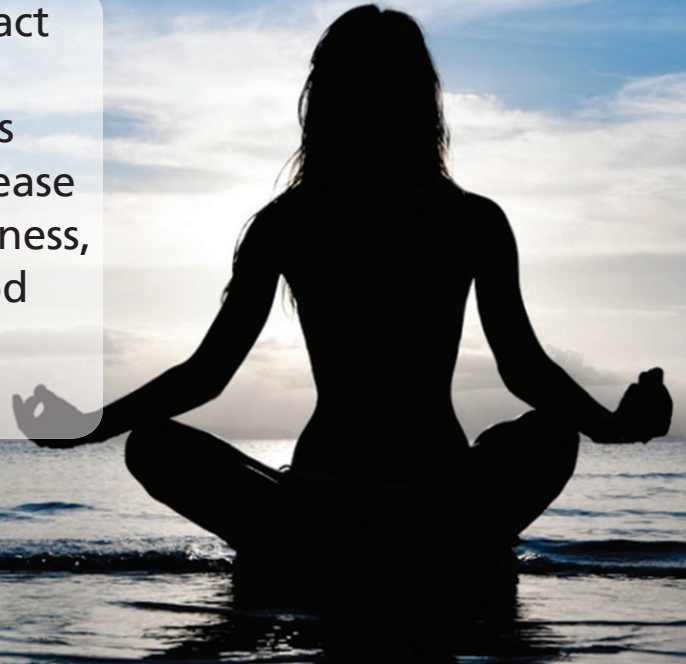


# Chi Kung for Health

Chi Kung is a Chinese form of low impact exercise to aid in flexibility, circulation and general health. By learning a series of fluid movements, participants can increase mobility, concentration, sensory awareness, relaxation and regulation of their blood pressure. All documented by recent scientific experiment.



## Saturday Mornings at 11:00 am

**Cost:** Members \$10 and Non-members \$15

**(Become a Member and SAVE)**

Chinese medicine has studied the flow of energy and its effects on the world around us for millennium. They believe there are 3 types of this Chi that come into play in our lives each day. There is the Tian Chi (Heavenly Chi) in the form of Sunlight, Moonlight and Gravity. Dih Chi (Earthly Chi) explains wind, rain and climate changes. Ren Chi (Human Chi) which is influenced by the other 2 and which anyone who complains about aches and pain from the weather can attest to! Western thought has recently come to understand this as Bio-electricity. These energies are further broken down into Yin(soft) and Yang(hard) energies which when out of balance cause the ill of the world and in our lives. Through the practice of Chi Kung, the balance of Yin and Yang is brought into harmony bringing about the benefits of good health, long life and happiness.

Bob Sudy studied various Martial Arts for 20 years. These include 2 styles of Karate, Jujitsu, Jeet Kun Do, Chi Kung, Wu and Yang style Tai Chi, Bonsai and Ikabana. Bob has taught classes in Tai Chi and Chi Kung and participated in a study of the benefits of Chi Kung in recovering cancer patients' at St. Mary's Hospital in Evansville, Indiana. Bob is also Master is Usui Ryoho Reiki.