

Qi Gong Classes with Rose Dobosz

Starting Wednesday, September 22, 2010

Rose Dobosz offers a meridian style Qi Gong. This exercise series stretches and expands the meridians to move the chi—the energy in the body—to create balance and harmony between the brain and the body. The movements are simple, graceful gestures done mindfully, stimulating over-all health and well being. Each class begins with a quiet walking meditation followed by warm up and then the Qi Gong movements.

The new twelve week series begins September 22, Wednesday 7:45–8:45am. First class of the series is FREE and open for all to experience.

Rose Dobosz has a Master's degree in Acupuncture and has been practicing Chinese Medicine for over thirteen years. Rose has also studied at the school of Tama-Do, the Academy of Sound Color and Movement with Fabien Maman and Terres Unsoeld. For the last four years, she has been studying the Inca Medicine Wheel with Denise Kinch.

“Our bodies, our minds and our hearts are a balance of the yin and the yang energy. This energy is always shifting and moving. Sometimes we have more yang energy, sometimes more yin. Practicing Qi Gong movements allow us to sense our fluidity in life and create moments of harvesting more inner strength and outer peace.”

Date & Time:
Starts Wednesday
September 22 to
December 22, 2010

(no class October 20 & November 24)

Free on September 22

7:45 –8:45am

12 week series

Cost:
\$132 for the series

Registration Required:

Call Rose Dobosz
978-973-0499



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