
2021-2022

QiGong for Vitality & Joy!

2021-2022

Currently Offered On-Site Only With Masks & 12' Distancing (Email for Virtual)

**** EMAIL: Leslie.R.Martin@iCloud.com * TEXT: 631.830.7026 (ID your name) ****

WHAT IS QIGONG?

QI, or CHI (pronounced 'chee'), means "energy" & GONG or KUNG means "exercise", "cultivation", or "work". All parts of our being are exercised & revitalized because the energy which gives us life permeates every part of us ~ our mind, spirit, body, & emotions.

HISTORY

Originally known as "NeiGong" in China, about 7000 different forms evolved over many centuries. Because of its profound balancing & harmonizing qualities, Martial & Healing Arts monastics were required to practice QiGong for 3 years before learning T'ai Chi Ch'uan.

YOUR STEADY COMMITTED PRACTICE OF THIS ANCIENT EXERCISE CAN STEADILY CULTIVATE

Clarity of Mind * Positive Outlook * Strength * Stamina * Coordination * Healing Ability
Deeper and More Relaxed Breathing * Better Quality Sleep * Less Overall Tension * Focus
Postural Awareness and Self-Correction * Improvements in Balance and Stability * Flexibility
Calm Mind and Heart * Positive Influences Upon Transforming Challenging Emotional States
Best of all, our animal and plant friends, pets or wildlife, LOVE IT! Watch & see what happens!

OUR TAOIST QIGONG PRACTICES ARE

Fluid * Zero to low impact * Easy to learn * Considered non-strenuous * Inspirational * Fun!!
If you have health concerns, please feel free to speak to me, as I will meet you wherever you are in your health & physical ability. Sitting or standing, join us in studying exercises & principles that you can apply every moment of your day! Breathing & Balancing Meditations, WuJi, Harmonizing the 5 Elements, BaGua Palms, Crane Walk, Channel Tracing, T'aiJi ChiGong, & more. Q&A includes discussions of the Eastern medical model/philosophy, & healthy diet & lifestyle.

FIRST GUIDANCES

Comfortable loose layered clothes, sneakers. Avoid eating 1hour prior & drinking 15min prior. Committed sequential class attendance brings best results, especially when first learning.

WELCOME FROM THE TEACHER

After 18 years as Associate Professor of Amma Therapy, Massage Therapy, & whole lifestyle at NY College of Health Professions, I now share all I can with you. All credit for 40-years longevity in Bodywork & Amma Therapy is given to Taoist NeiGong practices. I remain ever grateful to the wonderful insightful Taoist Masters who have patiently taught me over the last 27 years.

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at
Setauket Neighborhood House

95 Main Street, Setauket-East Setauket 11733

For best benefit: attend regularly & develop a daily practice!

Ongoing Tuesdays 3 to 4pm. Lakeside Room. \$80=4-wk series. Cash only please.
Q&A: Eastern Medical Model/Theory as well as Dietary/Lifestyle/Self-Care Practices.

→ PLEASE NOTE MANDATES: Masks * 12' Distancing * Space Limited To 5 ←
→ VERY IMPORTANT: confirm/cancel attendance since our space is limited to 5 ←

*** JOYFUL OUTDOOR PRACTICE GATHERINGS * WEATHER PERMITTING * FREE ***

Heron Park, Centerport.

Heckscher Park, Huntington.

Blue Point Nature Preserve, Blue Point.

Avalon Nature Preserve/Labyrinth, Stony Brook.

Fire Island National Seashore, Smith Point (exact location TBD).

Cow Harbor Park, Northport.

Heckscher State Park, East Islip.

Robert Moses State Park, Field 5.

Beach Boardwalks & Mall Courtyards.

Bayard Cutting Arboretum, Great River.

*** 2021 OUTDOOR SPECIAL EVENTS & HOLIDAY DEDICATIONS * EMAIL LESLIE 1st ***

WORLD T'AIJI & QIGONG DAY: Robert Moses State Park, Field 5. April 24th → 12:45.

MEMORIAL DAY OBSERVANCE: Online from home via ZOOM. May 31st → 9-10a.m.

HORSE WISDOM GROUP MEDITATION with EAGALA Certified Equine Specialist Laura Kobus:

* Central Islip * Dates → August 3rd (6:30-9pm). * Sept 21st (6-8pm). *

AUTUMN COLORS: Huntington Heckscher Park Nov 21st at 11-12. Meet at Art Museum.

FIRE ISLAND NATIONAL SEASHORE at SMITH POINT: November 26th. Email for details!

* QiGong 11a.m. * BYO Lunch 12:45 * Annual Otis Pike High Dune Sunset Wilderness Walk 2-4:30

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Learn It, Take It Home, It Is Yours Forever

Leslie Martin

NYS-LMT, Certified Amma Therapist, CST-Still Point, BFRP-II

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