

# Medical QiGong Classes

QiGong is a mind-body practice that improves one's mental and physical health by integrating postures, movement, breathing techniques, and focused intention.

Narayan continues series of classes teaching Yuanming Zhang QiGong “**Arousing the Dragon in the Body's Energy Pathway**”, now with addition of Five Elements QiGong – “**Fire/Heart QiGong**”. With the use of special mantras, mudras, and images, this QiGong uses universal energy, or chi, to regulate the functions of the Fire (Heart). It is especially beneficial for those suffering from heart and blood pressure problems. Other effects include easing mental stress and refreshing the mind.

Five Elements QiGong has not been previously taught on a public scale and Grandmaster Zhang regards it as the simplest and most effective QiGong.

**When:** Sunday September 11 *and* Sunday September 25, 1:00 - 3:30 pm  
**Cost:** \$20 for a class (or \$35 for two classes per month)

**Where:** Narayan's Residence, Seven Valleys, PA (directions provided to registered participants)  
**RSVP** – email your name and phone number to: [mail@theSoundOfHealing.com](mailto:mail@theSoundOfHealing.com) or call 717-309-4638

**About Instructor:** Narayan is a scientist, musician and energy healer. He holds the MS in Quantum Chemistry, BS in Science Education, and numerous diplomas and certificates in the areas of Energy Healing and bioenergy.

Narayan was trained in Medical QiGong 16 years ago by Grandmaster Yuanming Zhang, 7th generation lineage holder of Mt. Emei QiGong. Grandmaster Zhang is a Professor of Chinese Medicine (acupuncture-qigong) and a Consultant to the United Nations QiGong Society.

