

CEUs offered CHI KUNG

***CHI = ENERGY, BREATH OR FUEL
KUNG = WORK, PRACTICE;
TO DEVELOP AN ART OR GOAL***

Chi Kung is a centuries old Chinese exercise for health.

We focus on healing through locating and uniting potent energy points on the body; creating energy flow via mental intent, visualization and meditation.

We will learn energy balancing exercises to strengthen and promote health.

Chi Kung enhances the energy flow between the client and therapist.