

MONDAY NIGHT AT THE MASTER

AN INTRODUCTION TO CHI GONG

MONDAY, JULY 18, 2016

The class will begin at **6:30PM** in the Riverside Lobby. After an introduction, weather permitting, we shall go into Riverside Park.



ELLIOTT CHARLES SHAPIRO

I HAVE BEEN STUDYING AND TEACHING TAI CHI CHUAN, CHI GONG, AND ALLIED MOVEMENT DISCIPLINES FOR 40 YEARS. I HAVE STUDIED WITH MASTER TEACHERS AND PRACTITIONERS.

WE ARE PARTICULARLY FORTUNATE TO LIVE NEAR A PARK AND A RIVER, WHICH ARE EXCELLENT LOCATIONS FOR OUTDOOR CHI GONG.

THE CHINESE DEVELOPED OVER THE CENTURIES THE EXERCISE KNOWN AS CHI GONG. CHI GONG CAN BE TRANSLATED AS CULTIVATING ENERGY SKILLFULLY. CHI GONG HAS MEDICAL, MARTIAL, AND SPIRITUAL DIMENSIONS. CHI GONG GENTLY RELAXES THE STIFFENED JOINTS OF SEDENTARY ADULTS AND COMPELS THE CIRCULATION OF ENERGY THROUGHOUT THE ENTIRE BODY WITHOUT CAUSING UNDUE SWEATING OR FATIGUE. CHI GONG COORDINATES MOVEMENT, BREATH, AND VISUALIZATION. THE MOVEMENTS ARE SLOW AND RELAXED. I WILL BE TEACHING SIMPLE EXERCISES SUITABLE FOR ALL AGES.

PLEASE WEAR COMFORTABLE CLOTHES AND FLAT SHOES. IF POSSIBLE, DON'T EAT IMMEDIATELY BEFORE CLASS.

THOSE OPTING TO PARTICIPATE WILL BE ASKED TO SIGN AN AGREEMENT/RELEASE FORM. COPIES ARE AVAILABLE, ALONG WITH A SIGN-UP SHEET, AT THE FRONT DESK.