

Qigong

with William Wong Chin, LAc



Energy Exercise

Qigong means life force or energy exercise. Millions of people worldwide practice Qigong to cultivate their qi and enhance their health. Although this traditional Chinese discipline is 5,000 years old, Qigong continues to appeal to people of all ages and backgrounds who discover that it is easy to learn and enjoyable to practice. Qigong is a gentle yet effective way to improve your physical and spiritual well-being.

Regular Qigong practice benefits:

- Health
- Vitality
- Circulation
- Blood Pressure
- Muscle Tone
- Balance
- Flexibility
- Mental Clarity
- Stress
- Internal Power

Class Description

Students are introduced to the following Qigong concepts:

- Standing Meditation
- Guided Relaxation
- Moving Qigong
- Self Massage
- Qi Awareness
- Wild Goose Da Yan Qigong
- Cosmic Posting
- Mindfulness

Through these techniques, they will learn how to:

- Increase internal power
- Coordinate mind and breath with movement
- Cultivate life force qi through relaxation and exercise
- Balance movement with stillness
- Integrate Qigong into daily regimens

Group classes, private lessons, and special workshops are offered throughout the NY metropolitan area.

Shifu Chin's Experience

William Wong Chin has been practicing martial arts for 35 years and has been teaching Qigong, Taiji, and Shaolin in New York since 1997. He belongs to the sixth generation of Yang stylists. His Gwang Ping Yang Taiji and Northern Shaolin come from Dr. Yun Chung Chiang. His Wild Goose Qigong is from Professor Hui Ju Liu, a student of Mei Jun Yang. Grandmaster Yang taught and lived to age 108. Sifu Chin endeavors to continue the tradition by sharing these treasures of health and longevity with his students.

William Wong Chin is a New York State licensed acupuncturist and NCCAOM certified diplomate in Oriental Medicine, Acupuncture & Chinese Herbal Medicine. He has a private practice in healing & martial arts on Long Island, New York.