

Qigong class

Kong Jing Qigong at Turning Point

- Kong Jing (Standing) Qigong is a special system used to develop Wei-qi (external qi); you will gain strength, build energy and calm the mind.
- Kong Jing Qigong has ancient origins of 20 generations from the Shaolin temple and today has more than 50,000 followers in China. The method is gentle, easy to learn and can be practiced by anyone.
- Taught in five lessons over a 130 day time span, you will learn the Kong Jing methods to absorb vital energy to improve your own health and well-being. Kong Jing Qigong is the most widely practiced Qigong by martial artists.

Turning Point

1611 San Pablo Ave. #1

Berkeley, CA. 94702

Phone (510) 527-5330

www.turningpointonline.info

Near the corner of Cedar Ave. and San Pablo Ave. in North Berkeley



Class is forming; please call to register

- 6 student limit per class.
- One class per month for 5 months.
- Cost is \$80 for the entire course; paid on the first class.

Schedule

Class will take place on 5 Saturdays

11 am-12 noon

Handouts will be provided.