

# Longevity Qigong Seminar

In this class you will learn what "Qi" is and how it influences your health and well being. You will be given tools to help you understand and self-treat common ailments. We will explore the basic principles that make up Qigong: Posture, Coordinated Breath and a Focused Intention.

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- ◆ Compliment your Yoga, Tai Chi, Pilates & Martial Arts Practice
  - ◆ Develop your intuitive healing abilities
  - ◆ Learn the WHY, along with the WHAT & HOW of Qigong
  - ◆ Be inspired by nature and your body's abilities
  - ◆ No Experience required
  - ◆ Bring a mat, if you have one
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WHEN: Saturday, February 18th

WHERE: Petaluma Academy of Martial Arts  
620 Petaluma Blvd N, Petaluma CA

TIME: 11:30 to 1:30

COST: \$45 Family and Friend Discounts Available

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**INSTRUCTOR:** Sara Valerio  
Certified Qigong Instructor and  
Medical Qigong Practitioner

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*Turtle Moon Qigong*

