



Awakening Life
A Nonprofit Learning Organization

STANDING BETWEEN HEAVEN AND EARTH A SIX WEEK QI GONG SERIES

An outstanding practice for centering, grounding, and opening to the energies of all of our multiple intelligences — physical, emotional, intellectual, and spiritual

Classes are a blend of Pamela's experience practicing Qi Gong, Aikido, and Authentic Movement, as well as somatic studies, including her work as an acupuncturist, bodyworker, and Shiatsu practitioner.

- Qi Gong has been described as Chinese Medicine in Motion.
- Movements are easy to follow, and no experience is necessary...
- All are welcome...
- Move, Breathe, Feel Great!

What: 6 Week Qi Gong Series – Every Monday for 75 min

When: Mondays at 8:00 am pacific time Begins March 8, for 6 consecutive weeks. Each class is 75 minutes.

Where: Held virtually; you'll receive Zoom access upon registering

Cost: \$80 – \$150 (Sliding scale range) for the series. (let us know if financial help is needed)

To register for the series contact Michael Fortune at michaelfortune@awakeninglife.org

QI (ENERGY OR LIFE FORCE)
GONG (CULTIVATION OR EXERCISES)



Classes are led by acupuncturist, Pamela Kentish, who has been leading Qi Gong classes for two decades, and is a long time practitioner of the movement and healing arts.

*Pamela Kentish
Instructor, Practitioner*