



Red Hills Healing Tao *presents* **Qigong** **for Health and Longevity**

Abundance Wellness Center, John Knox Road, Tallahassee

Qigong is one of the oldest continuously practiced healing systems in the world and is very effective at restoring health. This tradition is based on an understanding of the cyclical flow of vital energy, called Qi or Chi, which flows through our bodies along specific pathways called meridians. When our Qi is full and flowing, we experience health. When our Qi is congested or out-of-balance, illness and pain can occur. The physical and emotional symptoms we experience are indicators to take action to restore balance and achieve optimal health.

PRIMORDIAL QIGONG FORM ~ Saturday, April 17; 9-1

Learn an 800 year old lineage qigong form that gathers qi from all the directions in beautiful spirals and collects the power of Heaven and Earth to balance and harmonize body, mind, and spirit.

*Tuition: \$65~*Pre-registration required*

PAN GU MYSTICAL QIGONG FORM ~ Saturday, April 17; 2-6

This form absorbs the essence of the sun, moon, Heaven, and Earth and is simple and easy to learn. It offers extraordinary results with daily practice.

Tuition: \$65 ~ Take both forms together for \$115~Pre-registration required*

Weekly Qigong Practice and Guided Meditation

Begins weekly May 4; 6:45-8:00 p.m. ~ Students: \$10/class; Non-students: \$15/class

Individual Qigong Instruction & Acutonics/Sound Balancing Treatments available upon request



Lydia Riedell is a certified Healing Tao Instructor of Mantak Chia and the Universal Tao. Her career in the Healing Arts includes massage, reflexology, pranic healing, qigong healing, chi nei tsang (internal organ massage), Acutonics, sound healing, and Taoist longevity practices.

****For information/treatments/pre-registration, contact Lydia
850-391-1394 or email: daowoman@earthlink.net**