

## Yoga and Meditation Center of Montclair

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# Breast Health through Wu Ming Qigong

taught by Miriam Moran Shankman

Thursdays, 4:45 – 5:45 p.m., Oct. 15 – Nov. 19

6 weeks, \$15 per class, **1<sup>st</sup> class on Oct. 15 is FREE due to NATIONAL BREAST CANCER AWARENESS MONTH**

Women can create breast health by practicing Qigong. In this class we will practice Dr. Nan Lu's Self-Healing Wu Ming Qigong for Breast Health. According to Traditional Chinese Medicine, good health depends on the energy ability to move within the body and in and out of the body. The movements of Wu Ming Qigong for Breast Health stimulate the energy flow through the key energy pathways running through the breast area.

Who will benefit from this class?

- Women who are undergoing medical treatments and would like to gently move their bodies and strengthen their spirits.
- Women who have completed medical treatment and wish to maintain good health.
- Women who seek a preventive approach to health and well-being.
- Men to whom any of the above three apply.
- Anyone with digestive or PMS problems.

What will we cover in this class?

- This class will open with Dr. Nan Lu's Wu Ming Qigong for Breast Health.
- A short discussion will follow with questions and answers addressing home maintenance
- Class will close with a relaxing meditation for healing.

From The Harvard Women's Health Watch, May 2009

“Tai Chi (a form of QiGong) is often described as *Meditation in Motion* but it might as well be called *Medication in Motion*. There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or best health.

**Miriam Moran Shankman** has been practicing QiGong, Tai Chi, and Meditation for 14 years. She studied with Master Jou Tsung Hwa and his apprentice Loretta Wollering, with Master He Binhu of China at the WISH Foundation where she received her certification in Medical QiGong, and with Tina C. Zhang from whom she received her certification as an Earth QiGong instructor. She is certified by the National Qigong Association as a Level III Advanced Instructor.

**ADVANCE REGISTRATION REQUIRED. YOUR REGISTRATION WILL MAKE THIS CLASS HAPPEN. Register online at [www.yogainmontclair.com](http://www.yogainmontclair.com) or call 973-746-6707.**