

## Qigong for Bagua, Hsing-i & Tai Chi with Bruce Frantzis

**March 12 to 14, 2010**

In this course, Bruce will transmit step-by-step instruction on how apply the various internal skills (neigong) contained within the Marriage of Heaven and Earth Qigong set to the internal martial arts of tai chi chuan, ba gua zhang and hsing-i chuan.

The primary skill of opening and closing will be the applied to health, vitality and martial arts. How to co-ordinate, connect and utilize the opening and closing of the inner body will be taught within various movements of the internal martial arts. Practitioners of all levels welcome.

Possible topics include using opening and closing to:

- store and discharge internal power
- increase fluid circulation and joint flexibility
- sooth and release physical and emotional blockages
- lengthen and stretch the body's internal soft tissue



### **Location:**

El Cerrito Veteran's Hall: 6401 Stockton Street, El Cerrito, CA  
([map](#))

### **Class Times**

#### **Friday, March 12:**

Evening Class: 6:30 pm to 9:00 pm

#### **Sat-Sun, March 13-14:**

Class: 10:00 am to 5:00 pm

Approximately a two hour lunch break each day.

**Course fee:** \$315 if paid by February 12; \$345 thereafter

contact Energy Arts to Pre-Register 415-454-5243 [www.energyarts.com](http://www.energyarts.com)

### **Local Contacts:**

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