

Qigong

氣功



THURSDAYS 10AM - 11AM

MOGADAO MORNING

MEDICAL QIGONG

BY TERRIE LYONS PH.D.

YOGA STUDIO - LOCATED IN THE
AQUATICS & TENNIS CENTER

La Casa Del Zorro

DESERT RESORT & SPA • BORREGO SPRINGS



FREE TO REGISTERED RESORT GUESTS

Qigong is the ancient Chinese practice of stimulating Qi, or vital energy and is often called the 'Mother of Tai Qi,' or acupuncture without needles.

Morning Medical Qi Gong was developed by Master Zhenzan Dao through 11 gentle forms which cover the entire Chinese Organ System, stimulating the Kidneys, Lungs, Spleen, Heart and Liver Channels, as well as the five elements of Traditional Chinese Medicine. In addition, each of these forms carries a deep psycho-spiritual meaning, which may allow the student to deepen into oneself.

Terrie Lyons, a retired Psychologist, is certified by the MogaDao Institute in Santa Fe, NM as a Moga Dao Morning Medical Instructor. While not in Borrego Springs, she lives and teaches in Portland, OR.

For more information visit: Mogadaowest.com, call 503-351-5583 or email: terrielyons@gmail.com

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