



The Intersection of Tai Chi and Qigong

A Fundraiser in Celebration of World Tai Chi and Qigong Day

Benefitting



Saturday, April 27, 2019, 12:30pm-2:30pm

Location: Breathe Together Yoga

14107-H Winchester Blvd., Los Gatos, CA 95032

Qigong is often referred to as the “Mother” of Tai Chi. In this workshop the origins of both will be discussed as well as the differences and similarities. The class will practice Tai Chi focusing on the Qigong within it, learning movements which will increase energy flow and vitality as well as create calm and a sense of well-being. For the beginner: a great opportunity to learn about ancient and proven exercise while discovering the health benefits. For the seasoned practitioner: an invitation to deepen understanding, refine techniques, and bring more meaning into the movements.

This workshop is \$55 per person and you can get more information and register online at <https://breathetogetheryoga.com/events/the-intersection-of-tai-chi-and-qigong/>. There will be a souvenir gift to take home for registered attendees.

About Cancer CAREpoint

Cancer CAREpoint is the only community-based organization providing comprehensive support programs to anyone in Silicon Valley impacted by cancer **at no cost** no matter where they receive medical treatment, their cancer type or their insurance status. The personalized and individualized support services include nutrition, exercise, therapeutic massage, meditation, guided imagery, counseling, support groups, educational workshops, financial assistance, a Wig Bank, Survivorship programs for patient’s post-treatment and a Family CARE program for parents with cancer and their children.