



## "Chi The Vital Force"



### **The body is an amazing construct!**

Consider how it heals itself after a cut. The platelets collect at the site of the injury, and there is pain to keep you aware of the damage so you protect the wound. The skin inflames to give the wound extra 'padding' as the cells begin to knit together creating a seal and healing the wound.

All this without you consciously thinking of the process. This is what we call Chi. This is the invisible self-healing mechanism that regulates our bodies and which is always striving for balance.

This is an invisible umbilical cord from each of us to the Source of All. Some may refer to this as God; science refers to it as quantum entanglement. It doesn't matter what you call what you believe in, it is always the other end of our connection.

A state of health is when we are in direct alignment with the Source of All. Illness begins when we are out of alignment.

This 'Force' works on every part of us, the mental and emotional planes as well as the physical. We see it at work in our bodies through the healing and producing of symptoms to protect something deeper.

We see it in our minds through our conscience, as our conscience is our inner guide. It is the guide constantly redirecting us back into the congruence with our inner beliefs. We can regard the conscience as the Vital Force's default setting.

If we think, do or say something that is not in keeping with our

inner beliefs, most people will feel anxious, unsettled or guilty.

The guilt is like a wound on the psyche: it is there to wake us up to what we have thought, said or done and to remind us that there is a better way to be.

Chi The Vital Force is the energy that enables all living things to self-heal or to preserve life by adapting to environmental changes. This Vital Force directs the different body systems to function as a harmonious whole, in much the same way a conductor directs the separate parts of an orchestra to produce a single, pleasing piece of music.

Practicing Qigong will harmonize, strengthen and have a healing effect on all the internal organs and bodily systems. It increases the supply and flow of energy throughout the body, can have a variety of rejuvenating effects and is believed to increase longevity, while inducing calm mental and emotional states.

## Qigong Teacher Training - April 8



### ***Become a Certified Qigong Instructor***

#### **Medical Qigong Level 1 Certification Course**

**April 8; 9:30am-5pm**

This workshop will benefit the general public as well as Energetic Healers, Acupuncturists, Allopathic Doctors, Psychotherapists, Chiropractors, Naturopathic Doctors, Physical Therapists, Nurses and potential Qigong instructors.

**Investment: \$225 + gst  
Lakeview United Church  
3023 63 Ave SW**

**[Click Here to Enroll Online](#)**

For more information visit [www.qigongcalgary.com](http://www.qigongcalgary.com)

## Qigong Events

# OPEN YOUR HEART UPLIFT YOUR CONSCIOUSNESS

## May 6 to 7, 2017 Bragg Creek

Ren Xue of the Americas presents a Weekend Workshop with Renowned Qigong Teacher Yuan Tze in his first visit to Canada.



The weekend will include:

- Heart - developing the essential qualities of the heart
- Consciousness - cultivating healthy consciousness
- Daily Qi (energy) healings - conducted by Yuan Tze
- Yuan Gong (QiGong) - learn and practice Yuan Gong - beautiful moving and still meditations using the body, mind, breath and Qi energy

We will be delighted to see you there! Together we will open our heart, uplift our consciousness, and gain a better understanding of the laws of human life.

Join us for a 2-Day Workshop in Bragg Creek with Yuan Tze. In this workshop Yuan Tze will shed light on the root causes of your problems and help you gain insight on how to deal with them. You will also learn an effective tool for self-healing - Yuan Gong, a Qigong system created by Yuan Tze.

[Read More](#)

## Weekly Qigong Classes & Locations

### Red Deer Lake United Church with Mario

Highway 22X west of Spruce Meadows  
and 1 km west of 37 Street SW

***Mondays | 9:30 to 10:30am***

***Wednesdays | 7 to 8pm***



[Read more](#)

### Confederation Park 55+ Activity Centre with Mario

2212 13 St NW

***Wednesdays | 9:30 to 10:30am***

This class is those that are 50+ years

young

To Enroll Call Confederation Park at:  
(403) 289-4780

[Read more](#)



## Calgary FLC Seniors with Mario

Trico Centre - Calgary FLC Seniors  
Club. 11150 Bonaventure Drive SE

***Tuesdays | 9:30 to 10:30am &  
10:45 to 11:45am***

***Thursdays | 11am to 12pm &  
12:15 to 1:15pm***



This class is open to all seniors age 55+ (spouses 50+)

To Enroll Contact: Barbara Bruhl-Lipiec 403-816-5168

[www.flcseniors.ca/activities/qigong](http://www.flcseniors.ca/activities/qigong)

[Read more](#)

## Yoga Sarana (formerly Yoga Studio South) with Mario

1330 15 Ave SW (2nd Floor Buzz \*5808)

***Tuesdays | 7:30 to 8:30pm***

***Wednesdays | 12 noon to 1pm***

[Read more](#)



## Practicing Grace Qigong with Patti Wardlaw

Wolf Willow Studio 9 Spruce Centre SW

***Mondays | 9:30am to 11am***

***Tuesdays | 7:30 to 8:30pm***

***Thursdays | 12pm to 1pm***

[Read More](#)



## Home of Om with Cory Jager

2312 - 4th Street SW

*Thursdays | 7 - 8pm*

[Read more](#)



## SW Location in Calgary with Linda Varro

1311 - 70 Ave SW (House)

*Mondays | 6:45 - 7:45pm*

Call: (403) 860-6516 for more information

[Read more](#)



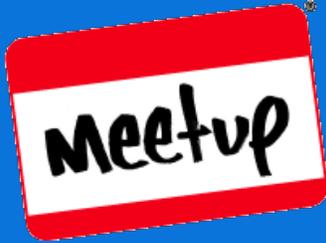
## Yoga Studio OakBay with Marilyn Wong

127, 2515 - 90th Avenue SW  
Calgary, (403) 454-8645

*Tuesdays | 12:30 - 1:30pm*

[Read more](#)





Join Qigong Calgary Meetup  
for up to date info on  
Qigong Classes and Events

Qigong Calgary | 403-668-1743 | [info@qigongcalgary.com](mailto:info@qigongcalgary.com) | [www.qigongcalgary.com](http://www.qigongcalgary.com)  
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