

# The Chrysalis Group Presents

Glen D. Moore

## Qi Gong Practice



## Tap Your Body's Internal Energy

In the Chinese language, *Qi* (pronounced "chee") means energy and *Gong* means hard work – so, Qi Gong means "working on the life force energy." A branch of Chinese medicine, Qi Gong combines slow, rhythmic movement, specific types of breathing and controlled concentration—leading to a synergy of body, mind and spirit. Regular practice results in high performance, good health and healing.

Learn about this healing movement from Glen D. Moore, a 40-year practitioner and teacher of Qi Gong.

Date: Tuesday, February 21

Time: 7-9 p.m.

Location: The Chrysalis Gathering Space  
3527 Ellwood Avenue in Carytown

Cost: Member - \$25  
Non-member - \$35  
Student member - \$10  
Student non-member - \$15  
\* \$5 early registration discount (by 2/7)

Special Instructions: Wear comfortable clothes and be prepared to practice.



*"Stillness and action are relative, not absolute, principles. It is important to find a balance of yin and yang, not just in qi gong, but in everyday life. In movement, seek stillness and rest. In rest, be mindful and attentive."*

*~ Ken Cohen*

"Shifu (meaning "father-teacher") Glen D. Moore is the owner and operator of Strong Mountain Kung Fu School in Richmond. He has over 40 years of experience in practicing and teaching martial arts, Qi Gong, and Chinese medical theory. His teachings are based on Taoist principles. A national board certified massage therapist, Glen is a practitioner and instructor of Touch for Health Kinesiology, a technique that uses muscle testing to assess energetic balance in the body's systems. He has also studied several systems of acupressure and is a Reiki Master in both Usui and Karuna Reiki.

*The Chrysalis Group is a non-profit organization offering opportunities to explore the spiritual dimensions of life.*

[www.thechrysalisgroup.com](http://www.thechrysalisgroup.com)

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