

10-WEEK SERIES

# THE 8 BROCADES QIGONG

MONDAYS 2 - 3 PM  
JUNE 17 - AUGUST 26  
(NO MEETING JULY 8)



The Eight Brocades is for health betterment, calming and healing the body, mind, and spirit. The objective is to enable practitioners to correct physical and energetic imbalances, release emotions and stress.

It is a simple and effective way of directing Qi throughout the body and to remove blockages without the use of needles, herbs or massage and is for Improved Wellness, Fitness, Vitality, Healing, and Longevity. It can be practiced by everyone- Young and Elderly, people who are fit and also for those looking to get fit

The standing sets of the Eight Brocades can be learned by anyone who can walk.

**Sessions are led by Stan Cohen.  
Registration is \$35 for the 10-week series.  
To sign up, complete the form below.**

## QIGONG REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Method of Payment: \_\_\_Cash \_\_\_Check

Please make checks payable to:

The Washington Township Public Library with Qigong in the memo line

Return to:

The Washington Township Public Library, 37 East Springtown Road, Long Valley, NJ 07853  
908-876-3596 / wtpl.org