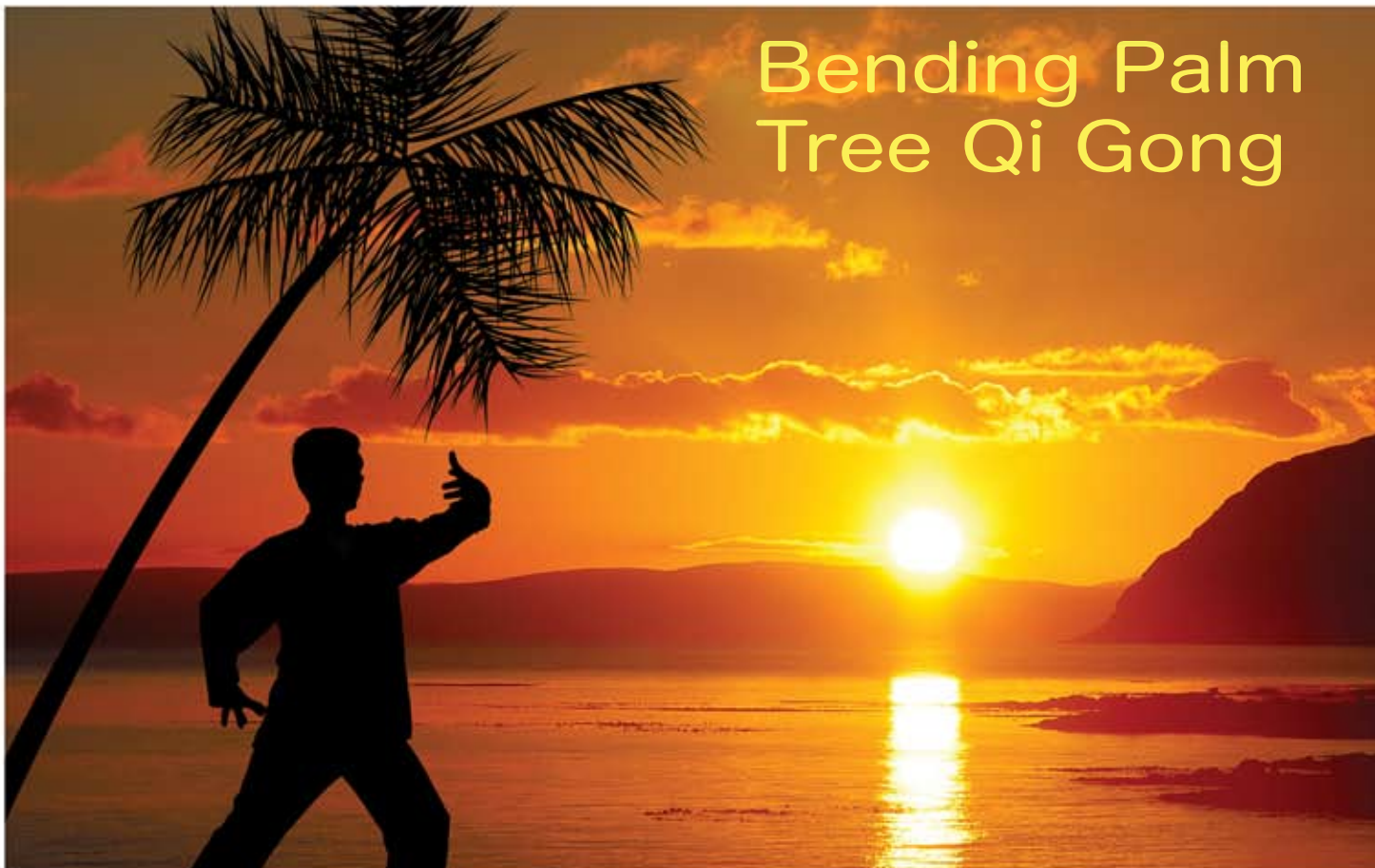




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Presents:



## Bending Palm Tree Qi Gong

3 Saturdays: April 10th, 17th & 24th 2010

2:00 - 4:00 PM

With Matt Schwartz

\$90

The palm tree bends but it won't break. Monsoon storms and hurricanes blow most trees away, but not the palm tree. It is flexible. It can bend all the way to the ground and when the storm is over, straightens up again, stronger than before. A palm tree's depth exceeds its height, making it the most rooted of all the tree species on Earth. You, too, were made to bend, not break.

With these principles in mind, Bending Palm Tree Qi Gong is a unique system of movements designed to create ample flexibility in the spine and all other joints in the body. Based on the theories of traditional Chinese medicine, practicing this form will give the student a deep sense of rootedness, strengthening of the internal organs, flexibility, and a one-ness with the vital energies of the Earth.