



## **THE BENEFITS OF QIGONG**

It's safe to say many of us are under more stress than usual these days. Would like to do something to lower your stress and improve your health, with just a minimal investment in time?

If you have ten minutes a day, you have enough time to do Qigong. Qigong is an ancient Chinese practice that has been shown to reduce stress and help your body function at its best.

Certified Master Instructor Michael LaBant leads classes at the Lewisburg YMCA for this age old practice. It requires no special training or equipment and has some amazing evidenced based health benefits.

Qigong, pronounced chi kung, originated about 4,000 years ago and is based on the principals of Traditional Chinese Medicine. QG uses slow methodical movements, breathing patterns and mind intent to promote a healthy flow and reduced stagnation of Qi, or life's energy. Gung literally translates to "work with", so there for you are working with life's energy.

Research has shown that Qigong reduces depression, improves fitness, helps lower blood pressure, relieves chronic pain, strengthens the immune & respiratory systems, and increases physical energy to aid in improving overall health.

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