



# Healthy Lifestyles | Mind Body Spring Forest Qigong

at Gilda's Club Twin Cities

## DATE:

Wednesdays

## TIME:

9:30-11:00am

## WITH:

Robert Muir

## COST: FREE!

## RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

## LOCATION:

GCTC Clubhouse

Mind Body Studio

10560 Wayzata Boulevard

Minnetonka, MN 55305

*(From 394 go North on Hopkins Crossroads; then right on North Frontage road—Wayzata Blvd)*

*A place where no one faces cancer alone.*

*All programs and services are offered at no cost.*



**S**pring Forest Qigong (pronounced “chee gong”) is a simple, efficient and effective method for helping you experience your optimal health, wellness and happiness, helping you heal physical and emotional pain and enhancing the quality of your life and the lives of others. SFQ is comprised of four parts that all work together - breathing, gentle movement (active exercises), mental focus and sound. Spring Forest Qigong is a gentle, easy to learn exercise and meditative practice that anyone can learn. Its goal is to provide a technique for people to help themselves and others in the healing of mind, body and spirit.



*Rob Muir has an AAS degree from ND State College of Science and brings an extensive Qigong background, a talent for training and the gifts of warmth and openness. Rob trained in classical Chi Kung/Qigong in college and continued his passion after moving to MN. He started his Spring Forest Qigong (SFQ) studies in 2005 and has completed Levels 1-4, the SFQ Qi~ssage course and the Chow Medical Qigong Intensive Level 1 Certification training. Rob assisted with the development of the Spring Forest International Guild Reach-Out Program and served as Co-Director. Rob also played an active role in the “Healing the Earth Conference” where Grand Master Dr. Effie Chow and Chow Qigong was introduced to the community .*

Gilda's Club Twin Cities

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