



8 Actions of Change

Exploring Golden Ball Qigong a practice of support for being in the flow of life

What moves change?

Do you have what you need to move with change, when it comes?

We invite you to a **six-class series** of movement explorations and somatic inquiry rooted in the qigong practice of Golden Ball. This practice introduces the eternal actions and flow of Qi. Movement, breath, and attention are harmonized and carried through the circulation of life-force energy.

gather/disperse rise/fall expand/consolidate move in/move out

Which flows are easy for you? Which ones feel challenging?

What actions propel your project forward?

Are there any that feel like they are getting in the way?

We will explore our relationship to one of these pairs, each day. Exploring, experiencing, finding values and preferences in these expressions of structuring and unstructuring.

When: 10am to 4:30pm Saturdays March 14th & 21st, April 4th & 18th, May 2nd & 9th

Where: WholeBody Living #210-2223 West Broadway, Vancouver, BC

Sliding scale: \$480 - \$720 for the 6-class series

Co-facilitated by Brian Mount, Medical Qigong Therapist, and Amy Kiara Ruth, kinesiologist and somatic movement educator.

Through group practices and self-paced movement explorations we will explore these actions as tools to support us in self-regulating, in general well-being, and in meeting the challenges of daily life with more ease and curiosity. These inquiries will help you to **deepen your sense of what actions restore the flow of Qi; in your body, in your life, in your communities.**

Please pre-register by contacting either

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