



Enhance Your Feminine: Women's Qigong

with Leyla Gulcur

A 6-week class series designed to
enhance women's health, pleasure and vitality

QIGONG ('chi kung') is a powerful Chinese breath and movement system that stimulates, circulates and balances the flow of vital energy along the acupuncture meridians of the body

In these 6 weeks you will learn a graceful take-home set of anti-aging exercises, self-massage techniques and a moving meditation based on the ancient "*I Ching*" (Book of Changes). Together we will practice the following:

- 🌀 **EARTH QIGONG FOR WOMEN:** A combination of tai chi-like flowing movements that help harmonize the body, hormones and emotions. Learn the Deer Walk, Crane Dance, Marriage of Dragon and Phoenix and more
- 🌀 **MENSTRUAL BALANCING:** Self-massage techniques aimed at regulating the menstrual cycle and enhancing reproductive health
- 🌀 **PELVIC BREATHING AND MOVEMENT:** Enjoyable exercises that loosen the hips and pelvis and enhance sexual energy
- 🌀 **BAGUA 8-ENERGIES CIRCLE WALKING:** A moving meditation based on the ancient "*I Ching*" (Book of Changes) that helps develop the capacity to skillfully flow with and manage any kind of change in our lives, whether they are daily emotional ups and downs, life crises or relationship conflicts

This Qigong set helps to:

- ✓ **Balance** your emotions, hormones and menstrual cycle
- ✓ **Cultivate** physical and sexual energy for pleasure and vitality
- ✓ **Improve** circulation to the breasts, uterus and ovaries, break up blockages such as cysts and clots
- ✓ **Facilitate** the flow of emotions through your body so they don't get stuck or frozen into depression, resentment, chronic fatigue or muscle tension
- ✓ **Master** the art of change: learn to seek balance in imbalance and remain grounded in the midst of strong emotions

Contact: Email healing.chi@gmail.com or call 917-400-7149

Leyla Gulcur, Ph.D., is a psychologist, certified Medical Qigong therapist and instructor of Women's Earth Qigong. A practitioner of tai chi, bagua and Taoist meditation, Leyla helps facilitate change in individuals and organizations. She has worked with women's groups worldwide on health and human rights, and also teaches psychology at New York University.