

Qigong for Women

6 Tuesdays April 22–May 27

6.30-8.00 pm



Qigong (pronounced 'chi kung') is a powerful Chinese breath and movement system aimed at stimulating and balancing the flow of vital energy along meridians and other energy pathways of the body

You are invited to join a women's qigong group, in which we will explore ways to remain centered and grounded within our body and emotions while expressing ourselves in relationship to the other.

In this six-week group we will delve into these dynamics through physical movement, dance, breathwork and partner work, using principles of Chinese health and energy practices, and martial arts.

In this series, you will progressively explore how to:

- ✚ Increase your sexual health and vitality
- ✚ Balance physical, mental, emotional and spiritual energies to create more harmony in daily life
- ✚ Enhance your receptive and creative energies by amplifying your ability to receive and project qi
- ✚ Facilitate the flow of emotions through your body so that they don't get stuck or frozen into depression, resentment, chronic fatigue or muscle tension
- ✚ Deepen your capacity to stay centered and remain true to yourself while in relationship

Time: 6.30-8.00 pm

Dates: April 22, 29, May 6, May 13, May 20, May 27

Place: Cathy Weis Studio, 537 Broadway, 3rd floor (between Spring and Prince Streets)

To register or for further information: email Leyla at 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, qigong 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
