

LIFE EMPOWERMENT

Take Charge of Your Life!

Life Empowerment is designed to give people insight, resources, and skills to take charge of their health and wellness. We do this through teaching Qigong Exercises and presenting Leadership and Personal Development Seminars.

What Is Qigong?

Qigong, pronounced *chee-gong* is similar to yoga and tai-chi. It has been practiced in China for more than 4000 years. "Qi" means vital life force or energy. "Gong" means form. Qigong is an exercise form that builds energy in the body and assists with natural healing through slow, graceful movements; focused breathing; and meditation. This combination of movement, breathing, and mental focus circulates a tremendous amount of blood and oxygen throughout the body. Blood and oxygen are the vital life forces that build energy and heal the body naturally.

About the Instructor

Melanie Clark is a Level 2 Certified Qigong Instructor through the Supreme Science Qigong Foundation (SSQF) located in Miami, FL. For more information on SSQF, go to www.qigong.com.

Melanie has nearly 15 years experience teaching life skills, personal development, and leadership development to youth and adults.

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Qigong Services Menu

Level 1 Exercise Form includes a series of five different exercises: Empty Force, Cloud Hands, Earth Hands, Around the World, and Push Hands. *Empty Force* builds muscular strength and endurance. The movement in *Cloud Hands* expands the lungs, benefits the heart, and improves breathing. *Earth Hands* strengthens the legs, abdomen, and reproductive organs. *Around the World* builds energy and improves the digestion and elimination systems. *Push Hands* is beneficial to learn how to externalize energy. The Level 1 Form is a low impact exercise that has the capacity to circulate the same amount of blood and oxygen throughout the body as if you just completed a high impact cardiovascular workout.

Level 2 Exercise Form incorporates four different exercises: Full Body Cleansing, Drawing the Bow, Full Body Spiraling, and Nine Breath Method. *Full Body Cleansing* improves energy flow and removes blockages that deter blood and oxygen from circulating, which allows disease to flourish. *Drawing the Bow* is the most potent qigong exercise to build strength and develop external energy. It is incredible for building leg strength. *Full Body Spiraling* benefits the endocrine system, facial appearance, eyes, and clarity of mind. *Nine Breath Method* is an intense breathing practice that surges energy through the body. It is powerful for giving clarity of mind, body and spirit. Level 2 Exercise Form requires understanding and experience of the Level 1 Exercise Form.

Qigong Walking includes four different styles of arm movements while walking - and breathing and maintaining mental focus, of course. *We LOVE Qigong Walking!*

Qigong Services Menu

The Ultimate 3-Hour Breathing Experience opens with **Breath Empowerment*. This is an intense, focused breathing exercise done lying down on a mat. It circulates an incredible amount of blood and oxygen through the body- breaking through blockages that can lead to disease and need healing. Next we teach **Nine Breath Method*. This is another powerful breathing technique for building energy and healing. It is designed for easy learning. We conclude with a **Prayer Circle*. Everyone holds hands and breaths together doing the Nine Breath Method, which creates a powerful chain of energy. During the Prayer Circle, we send prayers of healing and love to our family, friends, and loved ones. It is a DIVINE experience. Everyone should experience it at least once in their life!

**Each of these can be offered as stand-alone classes.*

2-Hour Whole Foods Healing Seminar teaches about the healing properties of food that can be bought in the grocery store. We address specific diseases and foods that can be eaten to reverse the disease and restore the body to a healthy state. This interactive seminar includes a food demonstration and smoothie sample.

Current Class Schedule

Tuesdays: 5:30-6:30 p.m.
Remington United Methodist Church

Saturdays: 8:00-9:00 a.m.
Sunshine Yoga Wellness Studio
527 Main Street, Lafayette

Individual and Group Classes Also By
Appointment