



Bamboo Stick Qigong Classes

Bamboo Stick Qi Gong consists of four qi gong exercises incorporating the use of a long light stick. These simple and easy exercises can regulate your digestion and sleep, improve your skin, strengthen your body and decrease stress. You will feel more strength, balance and peace. These simple exercises can be adapted for any age and body type.

About the Instructor

Xuong Dang is a certified massage therapist. He studied at the Acupressure Institute and specialized in Tui Na, a massage modality with its root in Chinese Medicine.

For Xuong, practicing Tui Na has rhythm, and can be used to discover aspects of our minds and bodies.



Time

Wednesdays, 8:15-9:00 am

Location

In San Pablo Park at the South end of the tennis courts—look for a flag with the Berkeley Community Acupuncture logo

Cost

\$5-\$15 sliding scale; drop-ins are welcome but we highly encourage you to reserve your spot with the “schedule online” link at bcaclinic.com or call us at 510.704.0593.