

Micro Course Monday – Qigong Cleansing Exercise

Micro Course	Qigong Cleansing Exercise
Date	Monday, January 29th
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – campus map – parking in lot 5
Online Link	Live online in Collaborate
Presenter	Anna Wong



MICRO COURSE MONDAY
TAI CHI MOVEMENTS

Join Anna Wong
on Monday,
January 29th at
3:00pm in Dana
228 or live online
in Collaborate



Qigong is an ancient Eastern self-healing practice involving meditation, controlled breathing, and movement exercises. It is an effective way to naturally heal and strengthen our internal organs and regulate and maintain the proper function of our body's overall health. This session demonstrates *Daoyin Yang Sheng Gong Shi Er Fa* (12-Step Dao Yin Health Preservation Exercises). The first depictions of *Daoyin* exercises were found in the Mawangdui tomb dated to 143 BC. It is the earliest exercise chart in the world.

Still interested in the topic?

Each semester SUNY Canton offers 1-credit and 3-credit courses on the topic of wellness, including mindfulness and yoga. [Wellness course list](#)

Enroll in the [Foundations in Mind-Body Wellness minor](#), which includes 6 courses (18 credits) dedicated to the integration of theory and practice of mind-body wellness and health.