



## Wu Ming Qigong [available winter 2009]

**Albany Qigong**

**Call 518.698.2400 to reserve  
a place in a group class or  
private session**

### **Qigong Exercises for Breast Cancer Treatment and Prevention**

Practice the entire series of movements in the order listed at least once a day. If you have breast cancer or are undergoing chemotherapy or radiation, practice twice daily. Wu Ming Meridian Therapy can lessen the side effects of these treatments by helping your body expel toxins. A series of seven qigong exercises from a tradition known as Wu Ming. Each movement unblocks stagnant energy in the meridians, or energy pathways, that run through the breast area.

"You absolutely cannot get cancer if your organs work in harmony and Qi flows freely throughout your body's meridian network." says Nan Lu, O.M.D., L.Ac., author of *A Woman's Guide to Healing from Breast Cancer* (Avon, 1999) and founding director of the Traditional Chinese Medicine World Foundation and the American Taoist Healing Center in New York City.

Wu Ming Qigong is an ancient energy practice that works directly on the body's meridian system. These ancient qigong movements can increase Qi, open energy blocks, and prevent qi stagnation. When practiced consistently, Wu Ming Qigong will allow energy to flow more freely through the meridians or energy channels. TCM uses qigong as a way to open the door to healing and allow the body's organ system to regain balance and work in harmony. Qigong is the most powerful tool to connecting the mind, body and spirit.

**18 Drywall Lane, Voorheesville, NY 12186**

Visit the Albany Qigong website at: <http://www.albanyqigong.com>

