

Berkeley Public Library presents . . .

氣功養生-易筋經十二勢介紹及示範

王君 博士主講

The Twelve Qigong Exercises (Yijin Jing) for Body-Mind Energy

A bilingual lecture in English/Mandarin with Dr. Jun Wang



柏克萊公立圖書館 (中央)

三樓會議室

2014 年 9 月 27 (星期六)

2014 年 9 月 30 (星期二)

下午 1:30~4:00

免費入場

主持人: 郭惠美 (510) 981-6136

Berkeley Public Library
Central Meeting Room (3rd floor)

2090 Kittredge at Shattuck

Saturday, September 27th, 2014

Tuesday, September 30th, 2014

1:30~4:00 PM

FREE ADMISSION

經絡是運行氣血的通道，我們身體裡與臟腑密切對應的主要經脈有十二條。如果十二經筋出現了拘急或馳縱，不僅會導致關節、肌肉會痠痛疼痛，內部臟腑功能也會受到影響。中國傳統養生功法—易筋經就是改變我們因不良生活習慣造成的僵緊的經筋系統，使之柔軟而富有彈性，達到易筋壯骨，延年益壽的方法。

Yi Jin Jing is a popular form of Qigong exercise based on the twelve-muscle meridians system of Traditional Chinese Medicine. The 12 movements can soften the stiff sinews and muscles surrounding the major meridians so as to improve the flow of our vital energy and strengthen the bones. Introduction and demonstration by Dr. Jun Wang, the author of *Cultivating Qi: An Introduction To Chinese Body-Mind Energetics*.

This free program is sponsored by the Friends of the Berkeley Public Library

www.berkeleypubliclibrary.org



Central Library

2090 Kittredge Street

Berkeley, CA 94704

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Please refrain from wearing scented products to public programs.

