

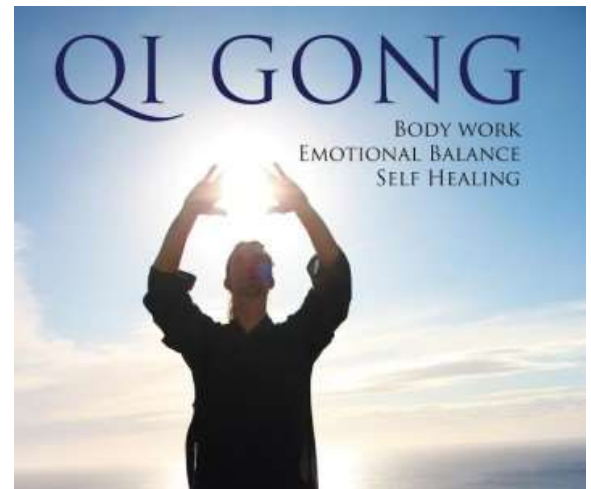
Courses in Complimentary Healing



QI GONG

Join us for Qi Gong, an ancient Chinese system of postures, exercises, breathing techniques, and meditations to improve one's qi (chi or energy field). Qi gong may be used to promote physical fitness, mental health plus enhance physiological function and overall health. In this class we will explore the basics of Qi Gong, grounding, breath, heart and spirit; plus, we will practice the movements for Ba Duan Jin, or the "8 Pieces of Brocade." *Open to anyone 18 years and above.*

Thurs, Oct. 6, 2022 9:00 am–1:00 pm
Phillipsburg Ed Center Room P107
Course Code: MAS689A1
Cost: \$59.00



INTRO TO REFLEXOLOGY

Come and learn about this ancient art of natural healing. Reflexology (zone therapy) is based on the principles and belief that there are reflexes and areas in the feet, hands and ears that correlate to every organ and part of the body. You will learn techniques through the application of pressure to the feet using special thumb, finger and hand movements. It is believed reflexology improves circulation, reduces stress, tension and pain, and fosters overall improved health. *Open to anyone 18 years and above.*

Thursday Oct. 13, 2022 9:00 am–1:00 pm
Phillipsburg Ed Center Room P107
Course Code: MAS653A1
Cost: \$59.00



HOLISTIC WELLNESS

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease." -Thomas Edison. This 24-hour course will explore "the natural laws of health" from sunshine to rest, fresh air, water and exercise and how these elements play a role in one's health status and disease prevention. This course will also provide basic nutritional requirements of the body and how that relates to overall wellness. *Open to anyone 18 years of age or older.*



Oct. 20 – Dec. 1, 2022
Thursday 9:00 am–1:00 pm
Phillipsburg Ed Center Room P107
Course Code: MAS670A1
Cost: \$349.00

To register, call 908-689-7613