

DESCRIPTION OF CLASSES



STANDING and WALKING MEDITATION

Standing Meditation is the foundation of Qigong practice. Learn to develop and maintain relaxed, efficient and comfortable meditative postures by **dissolving tension**, and **cultivating alignment and structural integration**.



T'ai Chi Walking Meditation incorporates **stillness within movement to cultivate energy, balance, and internal calm**. It develops Peng Jing (rounded, resilient energy), the secret to preventing sports injuries. Solo and two person walking meditation exercises are simple and easy to learn, but develop into a complex, dynamic and enjoyable practice. Open to all levels.

"Tai Chi and Qigong improve core strength and postural control. My patients report increased flexibility, balance and sense of well-being. I recommend it for people of all physical abilities and challenges, as the practice can be modified while still providing significant health benefits."

Dr. Eden Zoll D.O., Portland Osteopathic

HEALING SOUNDS QIGONG

Healing Sounds combines sound, breath and movement to **dispel toxins from the five primary Yin organs**: lungs, kidneys, liver, heart and spleen. Benefits naturally accrue to the corollary Yang organs of the large intestine, bladder, gall bladder, small intestine and stomach. The basic set is **practiced lying down, seated, and standing**. The advanced set is practiced standing. Healing Sounds is fun and playful especially when practiced in a group. Involves less stepping and more breath work than other Qigong. Open to all levels.

PRIMORDIAL QIGONG

(Hunyuan Gong)



Primordial Qigong is a rare and ancient Taoist system as transmitted by renowned Tai Chi Chuan Master Feng Zhiqiang, well known for **detoxification**, including physiological, chemical, and emotional.

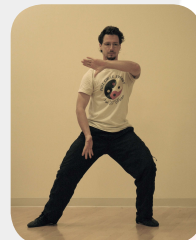
Primordial Qigong is an accessible **twelve-movement system**. It cultivates heart/mind intent to blend the primordial energy of Heaven and Earth with the energy of life. **Practiced standing or sitting**, it is a stimulating combination of stillness, meditative movement, and active visualizations.

Immediate results include feeling both **energized and relaxed**, with greater serenity and harmony. The system fosters **self-healing from significant illnesses** such as cancer and recovery from medical interventions. Open to all levels.

COILING SILK QIGONG

(Chan Si Gong)

Coiling Silk Qigong explores soft, spiraling movements **good for joints and great for athletes**, and essential to advanced understanding of T'ai Chi. The movements **dissolve tension** and stimulate the flow of energy through the joints to **increase balance**, flexibility, posture, range of motion and deep breathing.



Coiling Silk **increases strength, coordination, relaxation, and timing**, and is beneficial for recreational and competitive athletes. More challenging than T'ai Chi Fundamentals, it is recommended for people with chronic joint pain.

Chan Si Gong is a great complement to more meditative Qigong because it circulates, amplifies, and celebrates the healing energies cultivated through other systems. Open to all levels.

"We frequently recommend Tai Chi and Qigong as valuable lifestyle and exercise endeavors for our orthopedic and well patients, to rehabilitate and maintain balance, core strength, aerobic capacity, spiritual focus and overall health."

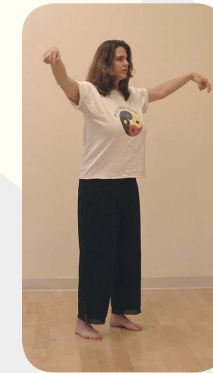
**- Dr. Ann Babbitt,
Greater Portland Bone and Joint Specialists**

I often recommend Qi Gong to my patients as part of an integrative approach to healing. Under the guidance of qualified teachers like those at FCS I have found it to be a safe and effective mind-body exercise. Well designed studies support the use of Qi Gong for treating common problems such as high blood pressure, particularly when combined with conventional medical care. Emerging evidence also suggests that people with a diverse range of conditions may benefit from these practices.

**Craig Schneider, MD - Director of Integrative Medicine
Maine Medical Center Family Practice Residency Program**

SOARING CRANE QIGONG

Soaring Crane provides practitioners with a tool kit of **self-healing methods**, including: **dispelling toxic energies**—physical, social or emotional; **mitigating organ imbalances**; and **releasing tension** from the joints. There are 5 short sets of movement and standing meditation.



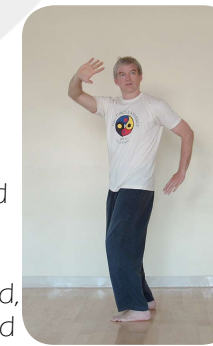
Soaring Crane utilizes visualization, movement, and **awareness of acupuncture points** to cultivate and circulate energy through the body. Two of the five sets cultivate balancing on one foot. All sets are done standing.

The five routines work together to open, relax and rejuvenate the entire body. Includes an **introduction to Chinese energetic theory**. Soaring Crane is not suitable for pregnant women or those with acute mental health issues.

BONE MARROW QIGONG

(Xi Sui Jing)

Bone Marrow Cleansing **benefits the bones, blood, and immune system** while balancing the whole body's physiological functions. There are **twelve easy-to-learn movements** practiced seated or standing.



This Qigong is great for **people who are depleted** and disciplined enough to practice regularly. The system is a **peaceful soothing experience**. But don't be deceived, strengthening the bones, blood and immune system can result in powerful rejuvenation. Open to all levels.

MUSCLE & TENDON TRANSFORMATION (Yi Jin Jing)

Yi Jin Jing **moves Qi through the muscles, tendons, and fascia** using postures held in tension with dynamic breathing promoting **greater strength and health**, in part by energizing the "wei Qi" —the surface protective layer of Qi. In the West muscles, tendons and fascia are often seen as the source of physical power. Chinese medicine recognizes that wei Qi resists external intrusions—physical, energetic, emotional and physiological. Some chronic **stress related illnesses can be mitigated** by improving one's resistance to external stressors and reducing their impact. Open to all levels.



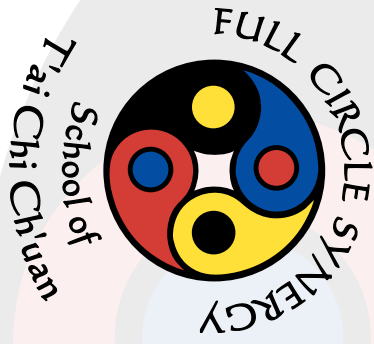
"At age 85 I enrolled in T'ai Chi Fundamentals and my balance and stability improved so much that I have taken three more classes. The exercises can be tailored to any level of fitness—and age! I would recommend Qigong and T'ai Chi as complementary therapy for patients with balance problems and stress related diseases including cancer."

I encourage my peers still in practice to do likewise, and I suggest that you ask your doctor which class may be right for you."

Laban W. Leiter, M.D., retired



Call now for more information about our free sample classes!



“Some of the greatest benefits of Tai Chi have to do not with the body, but with the emotions, the psyche and the spirit. Tai Chi they say, makes the timid person confident, the angry calm, the weak strong, and the strong person gentle. It also puts us in closer contact with the earth and all of nature and heals and empowers us so that we can become sources of healing and compassion for others.”

- Don Ethan Miller, 2003

[Information for Healthcare Providers and Their Patients.](#)

Healing Qigong

Ancient Self-Healing for Modern Life

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Originally a martial practice, Push Hands takes both the martial and healing lessons of the Tai Chi Form and applies them to two person interactions that range in quality from ballroom dancing to upright wrestling. Push Hands has the **greatest potential to transform one's reactions** to any kind of stressful or provocative situation. Push Hands teaches students how a self-healing practice is necessary to achieve the higher levels of martial training, and interactive training is necessary to achieve profound levels of self-healing.

PUSH HANDS (Tui Shou)

Tai Chi allows you to be more of who you want to be.



Tai Chi was originally a martial art with healing benefits. Today it is most widely **practiced as a self-healing art with martial applications**. At FCS we focus Tai Chi's ability to heal interactions between oneself and the “other”—be it disease, injury, walking on uneven ground, an angry co-worker, or a physical assailant. Regardless, it is most effective and efficient to **stay present, calm, integrated**, and to blend with the provocation rather than to deny it. Tai Chi provides the opportunity to learn these efficient attributes within meditative movement. Later these skills can be tested in more challenging situations. Tai Chi allows you to be more of who you want to be.

YANG STYLE T'AI CHI FORM



Tai Chi Fundamentals combines Qigong and Tai Chi exercises that are easy and fun to learn and remember. This class emphasizes the basics of **active relaxation, efficient body mechanics and cultivating internal energy**. With focus on habituating efficient body mechanics, this class is good for joint problems and body misalignment, and fosters greater range of motion, especially in the ankle, knee, hip, back, spine, and shoulder.

T'AI CHI FUNDAMENTALS

We offer four levels of Tai Chi—three are discussed here. Tai Chi is widely recognized for its self-healing potential to **reduce stress, increase relaxation and balance**, improve heart and lung function, and increase one's joy in movement. Many students report effortless improvement in their athletic performance and daily physical regimen.

T'AI CHI CH'UAN THE MOST FAMOUS QIGONG SYSTEM

T'AI CHI AND QIGONG: SELF- HEALING SYSTEMS OF MIND/BODY MOVEMENT

This brochure assists the public and referring health professionals better understand the methods, benefits and differences between the Tai Chi and Qigong Systems we offer. **Qigong and Tai Chi are the most popular and best researched methods of Complementary and Alternative Medicine (CAM) in the world.** Qigong's self-healing potential is well beyond typical fitness and wellness benefits of conventional exercise.

Research documents benefits for a wide variety of ailments including:

- **balance problems, arthritis & osteoporosis.**
- **cardiac, blood pressure, & respiratory functions.**
- **stress, chronic pain and sleep disorders.**
- **cancer and gastrointestinal conditions.**

Qigong and Tai Chi foster habitual movements and postures that are energizing and rejuvenating, rather than stressful and depleting. As movement becomes more enjoyable self-healing synergizes with daily life.



WHAT ARE T'AI CHI AND QIGONG? HOW DO THEY HELP TO HEAL THE BODY?

Tai Chi and Qigong are related movement systems from ancient China that **integrate mind, body, breath and spirit for self-healing and self-cultivation**. Tai Chi and Qigong can be practiced in many ways: supine, sitting or standing; fast or slow; vigorously or gently—depending upon abilities, goals and intention. Tai Chi and Qigong, however, are most often practiced as slow, fluid, meditative movement.

The emphasis for beginning students is to release stress, improve balance and foster relaxation. These skills facilitate greater harmony between the mind and body, accelerating relaxation, enabling joints to move efficiently, and blood and lymph to flow more freely. **Improved circulation reduces stress** on the heart and accelerates natural healing. Relaxing the chest, back and abdomen facilitates **deep gentle breathing**, improving CO2 and oxygen exchange and soothing the mind. Deepening and relaxing the breath also massages the abdominal organs releasing tension and enhancing proper organ functioning. Athletic performance improves, and **recovery from competition, illness and or medical interventions quickens.**

THE FULL CIRCLE SYNERGY SCHOOL OF T'AI CHI CH'UAN

Full Circle Synergy, located in Portland, Maine, offers the greatest number of Tai Chi Chuan and Qigong classes in Northern New England. Our size allows us to teach a **diversity of classes with**



experienced instructors, while providing high levels of personalized service. Our students often remark upon the quality of the instruction. Full Circle Synergy also teaches through third parties, and workshops around Maine.

THINGS TO CONSIDER WHEN CHOOSING A QIGONG OR T'AI CHI CLASS

THE INSTRUCTOR: With the right instructor self-healing with Tai Chi and Qigong is easier and more fun. Full Circle Synergy offers free introductory classes so that students may experience both the movements taught and get to know the instructor.

YOUR INTEREST AND GOALS: If your interest and goals are well defined, then read the class descriptions with an eye towards achieving your goals. If your interest is more general, choose a class that looks fun and fits your schedule.

FITTING A CLASS INTO YOUR SCHEDULE: Try to find a class to which you can make an on-going commitment. We are flexible with make-up classes. “Open studio” is held on Wednesday evenings by a senior student where you can receive individual attention. Private instruction is also available.

DESCRIPTION OF CLASSES

ALL T'AI CHI AND QIGONG OFFER SOME SIMILAR BENEFITS including: **stress reduction, improved balance**, rejuvenating posture and movement, **increased relaxation**, improved circulation, and being present with your **body and mind**. Different systems, however, have distinct qualities. The following descriptions outline these distinctions.

