



Qi Gong With Adil Panton

Every Tuesday 7-8 p.m.

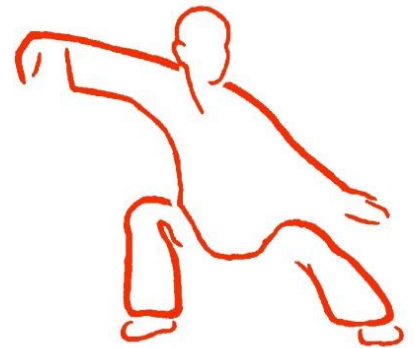
\$15 for Non-members

All levels are welcome to the class



Single Session Outline :

- **Warm up: Stretching**
- **Empty force Qigong: Developing energy in all major center of the body**
- **Cloud hands: Strengthening heart and lungs**
- **Earth hands: Strengthening reproductive system**
- **Around the world: Strengthening heart and digestive systems**
- **Push hands: Increasing the ability to project Qi (energy) outside**



About Adil:

Adil Panton is a certified Qigong instructor, massage therapist, and the owner and operator of The Healing Arts Touch massage establishment at Lake Forest, CA. His involvement in the healing arts goes back decades when as a young man, he became interested in disease prevention and natural methods and processes of health maintenance. Throughout his way of life and long years of healing arts practices and experiences, he came to deeply and firmly believe that life can be enhanced and extended a great deal when one learns self-healing techniques. Qigong is an ancient self-healing practice from which people of all ages from young adults to the elderly can benefit.

More information please call Adil (949) 842-7187

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