

# Castro Valley Adult and Career Education

## Active Adults 55+

### Wild Goose Qigong

#### A Relaxing Path Towards Health and Fitness

Effective for people of all  
ages and abilities



- Relieves Stress
- Improves Concentration
- Increases Flexibility
- Strengthens the Immune System
- Helps Counteract the Effects of Aging
- Stretching and Meditation
- Acupressure Self-Massage

Learn the complete 64-movement 1st set Wild Goose Qigong form —  
Enjoy a “sweat-free workout” — Get in shape and maintain good health  
and fitness the easy way with this 10-minute slow-movement healthcare  
practice anyone can do.

**Mondays and Thursdays ~ 12:30 - 2:30 pm**  
**September 13 - November 8, 2010**  
**\$42.00 (16 classes) Non-seniors can enroll for \$55.00**

**Instructor:** Cynthia Eaton, WWS Certified Dayan Qigong teacher

#### **What is Wild Goose (Dayan) Qigong?**

It is a 1,700 year old slow-movement, low-impact Chinese healthcare practice using gentle, flowing exercises good for people of all ages and abilities. **Qigong** is pronounced “Chi Gung”. “**Qi**” refers to energy - life force present in all living things. “**Gong**” means exercise or practice.

#### **REGISTRATION:**

**Online:** [www.cvadult.org](http://www.cvadult.org)

**By phone:** 510-886-1000

**In Person:** Castro Valley Adult and Career Education  
4430 Alma Avenue, Castro Valley

*Great Students - Great Staff - Great Expectations!*