

About the Practices

Nutrition and Qigong

Food (Gu) Qi makes good blood + Qigong (breath + movement) adds vital life force to move stagnant blood and qi is what this class is all about!



Extra Special Daoist Qigong Practices @ Club K

Tuesday Dec 18 - 530-630pm

Thursday Dec 20 - noon-1pm

\$5 suggested donation All are welcome.

Candace Gossen, PhD is currently finishing a TCM program in Denver, Colo Summer 2019, and teaches Daoist Qigong in her healing practice. For more information and to register: info@blackcoyotemedicine.org

To register:

Advanced Registration
Requested-
email Candace

info@blackcoyotemedicine.org

Location:

Club Kilimanjaro
33 E Subway St., Bisbee, Az
and

Sierra Vista Food Co-Op
96 S. Carmichael Ave
Sierra Vista, Az

“Blood is the mother of Qi, and Qi is the commander of Blood”

The Concept of Blood (Xue) and Qi

Vital Substances in Traditional Chinese Medicine.

Blood (xue) points to qualities of nourishment, receptivity, softness, relaxation, ease, and being.

The essence "Jing" defines the personality of a human being.

Jing is charged by food. From food in turn, it becomes again life energy Qi, which, directed by the kidneys, supplies the whole body, activates and moves. Essence defines our growth, reproduction, development and aging.



TWO SPECIAL PRACTICES:

SIERRA VISTA FOOD
CO-OP
DEC 19, WED.
3-430PM

AND

CLUB K
BISBEE
DEC 21, FRIDAY
9-1030AM



Blood is linked to the senses. Blood is the basis for a quiet spirit.

\$15
(Cash - Day Of, or PayPal
before Dec. 15)

90 min Lecture/Practice Includes a TCM booklet:

taught by Dr. Candace Gossen of BlackCoyote Medicine