



# Five Dragons



Thursdays  
11 to 12 noon

Jan. 21 to Mar. 11

Cost: \$90/8 weeks

Register TODAY  
**503-693-9101**

**RoseSprings Center  
for the Healing Arts**  
5215 NE Elam Young  
Pkwy., West  
Hillsboro, OR 97124  
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[rosespringscenter.com](http://rosespringscenter.com)

## Qi Gong

with **Dr. Tooba Durrani ND, MSOM, LAc**

The Dragon as a symbol in the West is terrifying and malevolent. But in the East, particularly in China is a potent symbol of auspicious power; it represented the Emperor or the caretaker of the kingdom. The dragon also represents Spring-time and new vital growth that comes in the Spring.

Qi Gong is an internal Chinese meditative practice, which often uses graceful movements and controlled breathing techniques to promote the circulation of qi (life force or vitality) within the human body, and enhance a practitioner's overall health.

Five Dragons Qi Gong is a form based on Taoist Practice specifically from the *Mt. Wudang Dragon Gate style of Qi Gong (Wudang Longmen Pai)*.

This form strengthens the practitioner by increasing muscle tone and works on balancing internal and external aspects of each practitioner. You will notice a sense of well being after each practice and renewed vigor to be able to take care of the stresses of your day.