



Daline Dudley, Qigong Instructor



### Definition of Qigong:

*Qi*- energy  
vital force  
vigor  
liveliness  
stamina

*gong*- the work  
or way of  
moving  
energy  
through the  
body.

- Gentle Movement
  - Stretching
  - Self Massage
- Deep Breathing
  - Intention
  - Meditation

*Qigong Relaxes  
The Body and  
Calms The Mind.*

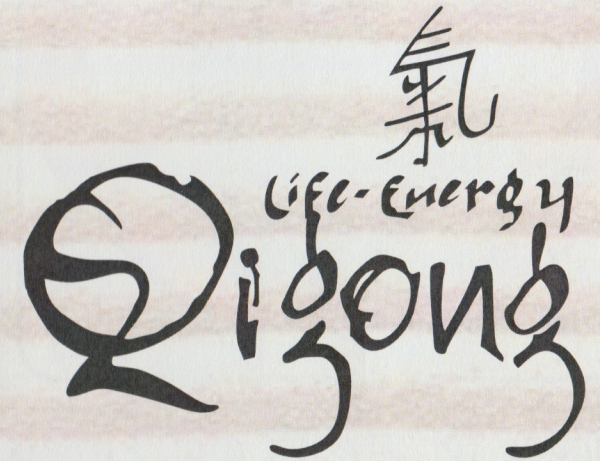
#### Available For:

Public Presentations  
Workshops  
Individual And Class  
Instruction

#### Intention:

*To teach health and fitness Qigong based on classical Chinese Daoist medical self-healing theories and techniques; to help and support others who are committed to improving their own health through these practices.*

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### *Qigong for Health and Fitness*

*Qigong comes from Chinese classical theories and exercise which have been practiced and passed on generation to generation for thousands of years.*

*For all ages and physical abilities.*

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Qigong Instructor certified through The  
National Qigong Association.  
([www.NQA.org](http://www.NQA.org))