

The New West Symphony League  
Presents a *Pleasure of Your Company* Event

## Slow Down and Relax

Relax, unwind and recharge with gentle Qigong standing exercises out in nature. Qigong is a healing system which includes slow flowing movements like Tai Chi that can easily be adapted to one's physical ability. To begin to benefit from Qigong you do not have to be fit, you don't have to be flexible; you don't even have to be able to stand up. The exercises can be modified for almost anyone with patience and a willingness to learn.



Jim Belsley, a Certified Qigong Teacher/Trainer who has practiced various forms of martial arts, yoga and meditation throughout his life, will lead this workshop. Watching his father being treated for Parkinson's disease inspired Jim to delve more deeply into healing practices of Qigong and Mindfulness Meditation.

Slow Down and Relax with us outdoors at a private residence in Westlake Village. Stay for a light lunch and more relaxation after the workshop. Wear comfortable clothing and shoes. Exercises may be performed standing or sitting. No exercises will be performed lying on the floor; no yoga mat required.

Hosted by Anne Prokopovych, Renée Salick and Ross and Debbie Goldberg.

**Saturday, August 18, 2018**

**11:00am – 1:00pm**

Limited to 20 guests

\$40 per person

This venue is not wheelchair accessible.

Reservations are required for all events. You can find complete details and purchase reservations at [www.newwestsymphony.org](http://www.newwestsymphony.org).

*For information and reservations, you can also contact Nadine Kawaguchi, [n.kawaguchi@sbcglobal.net](mailto:n.kawaguchi@sbcglobal.net), or 805-435-2781.*

*The New West Symphony is a 501(c)(3) non-profit organization, Tax ID 77-0406042.*