



Philip Lai Qi Gong Association

April Newsletter 2016

My dear Qi Gong friends:

Spring is here. April is the beginning of spring, a time for awakening, growth and renewal after the long sleep of winter. According to 5-element theory, the element of wood is dominant in this season and the liver is the body organ which needs the most attention.

The Liver. In western medicine, the liver is responsible for filtering toxins from the blood and storing and distributing nourishment for the whole body. In TCM, the liver governs our ability for strategic planning. People who have strong, healthy livers are able to take on large projects, make good decisions and have great energy.

Liver Stagnancy. Insufficient Qi flow in the liver meridian is characterized by physical signs such as: distended abdomen, chronic indigestion, stress in the neck and back, extreme fatigue, blurred vision and muscle pain. There may be emotional signs such as: anger, frustration, resentment, impatience, depression, impulsiveness, poor judgment and negativity.

Diet to increase Liver Qi. Try to reduce your food intake in general. Eliminate saturated fats, lard, cream, cheese, eggs, mammal meats, margarine and hydrogenated fats. Be careful of chemicals in food and water, highly processed and refined foods and intoxicants such as alcohol. Eat moderately pungent foods such as: watercress, onions, mustard greens, cumin, fennel, dill, ginger, horseradish, mint, turmeric, basil, cardamom and bay leaf.

Qi Gong for Spring. We will do the 5-element Palm Qi Gong exercise for the Liver meridian in the Saturday morning classes at McNabb. Come and learn this powerful way to improve your health in spring.

Tai Chi Classes. 8-form Yang style Tai Chi classes are being offered at Glebe Collegiate (212 Glebe Ave.). Mondays 6:30 – 7:30pm (6 weeks), starting Apr. 18, cost \$46, course #81470. Tuesdays 6:30 –

7:30pm (7 weeks), starting Apr. 19, cost \$53, course #81471.

World Tai Chi and Qi Gong Day. Join our annual celebration and free workshop on Saturday May 7 from 9am to 10am in the Assembly Hall at the McNabb Community Centre. You will learn some simple exercises and find out how others have benefited from practicing these healing techniques.

Beginner Qi Gong Courses.

McNabb Community Centre in the Community Room. May 14, 28, June 4, 11, 18, 25 (8:45 to 10:15am) and July 16 (9:15 to 10:15am). Cost is \$90 for 8 classes.

Soloway Jewish Community Centre, 21 Nadolny Sach Private (Carling and Broadview)

Thurs. Apr. 7 to June 30 (12 classes), 6:15 – 7:15pm
\$100 members, \$130 non-members

Energy Healing Level 1

Learn to heal yourself and others. Daily meditation for about 1/2 hour is required. Four classes May 7 to June 4 (no class on May 21) 12:30 to 2pm. Cost is \$180 if paid before April 30, \$220 after April 30. e-mail to register : philip.lai@rogers.com

Finally I would like to invite you to join our drop-in Saturday class at McNabb Community Centre See more details at: www.philiplaiqigong.ca

If you would like to be on our mailing list, please let me know. Please contact me if you have any questions. My email is: philip.lai@rogers.com

Thanks,



