

**EIGHT TREASURES QI GONG**  
**Empowering Wellness for Personal Healing with Gayla**

**Qi Gong** is pronounced "chee gong." Qi stands for "life force energy." Gong means to "cultivate." Qi Gong is a traditional form of Chinese medicine, practiced for thousands of years as a complete healing practice benefiting the whole entire body.

Ask yourself, are you ready to embark on a journey of inner healing rejuvenation? This is an invitation to join **Gayla's Eight Treasures Qi Gong class**. Gayla brings a wealth of experience and passion to every session. Her unique teaching style blends ancient wisdom with gentle movements, mindful breathing and meditative practices for healing and wellbeing.

**Here's what one can expect from Eight Treasures Qi Gong:**

- \* Simple **low impact movements** which can be done standing, sitting, and/or with modifications.
- \* **Decrease** in fatigue, anxiety, stress, and discomforts.
- \* The flow and cultivation of **Qi energy** releases tension, clears stagnation, stimulates and strengthens one's vitality thus promoting self healing and a stronger immune system.
- \* **Improves** balance and functional movements.
- \* **Harmonizes** the mind, body and soul as the Qi cleanses, tones and detoxifies the entire body through the natural blending of the Yin and Yang energies.

Join Gayla and bring your whole self to the practice!

What's calling you to be strengthened, softened, opened, deepened or healed?  
Come and have an intention to rejuvenate your own Innate Healing Powers!

Join me on Mondays at 4:00PT on Zoom for Qi Gong. For a Zoom link send your Email to :

**310-200-7624**

I will also be teaching for Torrance Memorial Medical Center on Thursday Mornings 9-10:15 AM during March and April on Zoom.  
CALL: 310-517-4711 to register.

[www.GaylasSparksOfLight.com](http://www.GaylasSparksOfLight.com)