

Qi Gong for Vitality

Neuroscience Supportive Care Program

In this class, people of all ages and stages can engage in exercises that enhance their ability to tap into their vital life force energy (Qi) via skillful application of an ancient and time-established Chinese healing exercise craft (Gong) in an effort to achieve qi cultivation to promote health and longevity. We will work on mindful breathing, movement, posture, coordination, and energetic flow, weaving in meditative and mindful awareness to enhance vitality. We will also include evidence-based practices from the Tai Ji Quan Moving for Better Balance (TJQMBB) program to help those with neurorehabilitative needs.

Hosted by Stanford Alzheimer's Disease Research Center

Walk-ins welcome. For more information, call 650.721.8500.



Dates & time: Every Thursday | 3:30pm–4:30pm
No class: 7/4, 9/5, 11/28, 12/25, 1/2/20

Location: Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

Website: www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.



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