

The Norman Williams Public Library will be offering **Qigong**, led by **Gerry Sandweiss** on Fridays at 8:30 am beginning January 22, 2021. We are delighted to have Gerry sharing her knowledge and practice with us again, this time on Zoom. A more detailed description of Qigong is below. The practice of Qigong has been recommended and proven to increase one's blood circulation, oxygenation, flexibility, stability, balance, and overall sense of wellbeing. No matter your physical state of being, Qigong offers a pathway to enhance your quality of life.

Gerry Sandweiss has been a student and practitioner of EIGHTEEN MOVEABLE JOINTS SILK REELING QIGONG for 19 years, studying with Sri Jai Dev, a Grand Master in the field of Meditative Arts. For the past seven years, she has taught classes at the Norman Williams Public Library, The North Chapel Unitarian Church, and the Woodstock Rec Center, among others, and is currently teaching on the Zoom platform.

In lieu of payment for classes, Gerry requests that you send a generous monthly donation to either your local food pantry or your state food bank. Food banks distribute food to food shelves / pantries through their region. To find a food bank in your state, you can [search here](#). In Vermont, [Vermont Food Bank](#) is our statewide organization.

To sign up, you'll need a computer and to know how to use Zoom. Please email us at NWPL to sign up for the Qigong classes at programs@normanwilliams.org

LIFE ENHANCEMENT QIGONG

Qigong is the art of conscious movement. Movement with awareness. In Qigong, your awareness is awakened in the very first lesson. You receive benefits as soon as you begin. You become conscious of the joy of perfecting yourself. You need no outside apparatus for this. You have all that you need already, built within you. Full, easy, rhythmic breathing can increase your energy and power all movement from within, freeing up joints and reclaiming natural motion without tension. Qigong is movement with a clear, uncluttered mind that is calm and attentive. Then, in movement everything moves, and in stillness everything is still, in tune and in balance.

Life Enhancement Qigong is a form of EIGHTEEN MOVEABLE JOINTS SILK REELING QIGONG, which is a traditional Chinese form of Qigong dating back thousands of years. It has been handed down from teacher to student for countless generations, and is relatively new as a practice in the Western World. Yoga and Qigong share the same “mother”, i.e. the breath.

You might think of it as different branches of the same magnificent tree. The practice of Qigong has been recommended and proven to increase one's blood circulation, oxygenation, flexibility, stability, balance, and overall sense of wellbeing. No matter your physical state of being, Qigong offers a pathway to enhance your quality of life. As Qigong is the foundation for Tai Chi Movement, LIFE ENHANCEMENT QIGONG is the foundation for more joyous, flexible, conscious movement. Movement with awareness. Movement that will nourish all aspects of our physical being, and enhance our deepest sense of ourselves as human beings.

Gerry Sandweiss has been a student and practitioner of EIGHTEEN MOVEABLE JOINTS SILK REELING QIGONG for nineteen years. She stepped onto this path soon after she was introduced to Sri Jai Dev, a Grand Master of Wushu, a martial arts form of Qigong. Quickly realizing that mastering one's own energy was incredibly beneficial on so many levels, Gerry began to study with Sri Jai Dev, who has spent the last fifty years teaching Qigong, Wushu and Meditation. After twelve years of studying and practicing LIFE ENHANCEMENT QIGONG with her teacher, Gerry was given permission by him to begin teaching and sharing this amazing body of knowledge with others, which she has been doing in the Woodstock area for the past seven years. She has taught classes at the Norman Williams Public Library, The Unitarian Church, the Woodstock Recreation Center, the Woodstock History Center, the Hartland Wellness Center, Woodstock Terrace Assisted Living Center, and currently, on the Zoom platform.

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