

RESULTS

FROM A YOUNG AGE WE SIT IN CHAIRS, WEAR SHOES, AND CLOTHES RESTRICTING THE FULL RANGE OF MOTION OF OUR BODIES. REPETITIVE MOVEMENTS CREATE TENSION AND POOR QI-ENERGY CIRCULATION AND DISTRIBUTION OF NOURISHMENT. IN TAOIST PHILOSOPHY THIS STAGNATION OF QI-ENERGY IS CONSIDERED THE SINGLE MAIN CONTRIBUTOR TO THE AGING PROCESS.

THE IDEAL OF HEALTH THEN IS TO OPEN THE QI-ENERGY CHANNELS USING A VARIETY OF POSTURES & MOVEMENTS THEREBY KEEPING OPTIMAL FLOW AND STAMINA INTO OLD AGE. CONSISTENT PRACTICE WILL RESULT IN:

- INCREASED FLEXIBILITY & MOBILITY
- IMPROVED BALANCE
- REDUCED STRESS & TENSION
- STRONGER VITALITY

DROP IN STUDENTS WELCOME,
PRIVATE/ SMALL CLASSES
AVAILABLE: FOR INFORMATION:

(402) 650-7715
PINPOINTMEDICINE.COM

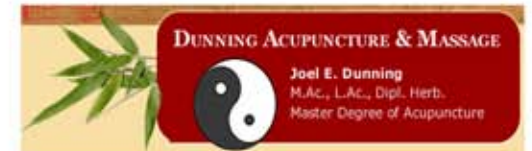


"WHAT IS TO BECOME WEAK MUST
BEGIN BY BEING MADE STRONG"

-LAO ZI



TAOIST YOGA



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INSTRUCTOR

JOEL DUNNING, L.AC.

Taoist Yoga and Health



BIOGRAPHY

Beginning with a Black Belt in Goju-Ryu Karate Joel developed an interest in Eastern approaches to health. Following a Pre-Medicine degree from St. John's MN, he spent two years studying in China followed by a four year Master's Degree of Acupuncture and Chinese Medicine in Los Angeles. Here he studied with Taoist Yoga Master Paulie Zink. In addition to yoga classes Joel maintains a practice as a Licensed Acupuncturist.

Taoist Yoga is centuries old practice developed by monks of Northern China. It was used to counteract the influences of the environment thereby fostering health and longevity.

Health in Chinese thought is the result of the balance and harmony of our bodies energy, passions, efforts and exertions in life. Taoist Yoga (including meditation & breathwork) are considered key components in providing balance to the various imbalances that our lifestyles may cause.

Yin & Yang are two general categories of imbalance that may develop. Yin influence result in relatively slow, sluggish, constricted or stagnant circulation. Yang influences result in hyper-functioning, over stimulation, tension or excessive pressure within the body. As mentioned, Taoist Yoga's goal is to harmonize the energy by using postures that balance these Yin or Yang extremes in our bodies. Thus when we practice Yang types of postures and movements, we can invigorate stagnancy (Yin) and add tone and stamina to the body. The same as when we do Yin postures we add softness and fluidity to decrease the stress, pressure and tension within.

As we develop flexibility, combined with circulation and stamina, toxins and

residues can be expelled and nourishment spread throughout our tissues.

Each class provides a balanced set of postures, and is beneficial and suitable to all skill levels. Students find Taoist Yoga classes to be deeply relaxing yet invigorating. After just a few classes an increase in overall flexibility and stamina is markedly apparent.



CLASS SCHEDULE

Tuesdays

7 - 8:30 pm

