



Join us under the 600 year old live oak
each Wednesday (except October 22nd),
October 8th through November 12th

Snake and Turtle Qigong:
An ancient 5,000 year old qigong practice
focuses on grounding and longevity
(emulating the turtle) as well as agility
and learning to move spirals from the
ground up the spine (like the snake).

Benefits of qigong include:
strengthened immune system, clearer skin,
relaxation, and improved metabolism. It also
benefits chronic digestive disorders, increases
energy, and promotes deeper, more restorative
sleep.

Snake and Turtle
Qigong

5 Week Series
Wednesdays
8-9 AM

\$100.00 for the whole series

**Lindsay Kohn has been avidly
practicing qigong since 2004.**

She has trained with qigong masters
throughout the country and taught in
Texas, Arizona, California, and India.

Lindsay is a licensed acupuncturist
and herbalist at Five Element Austin.
She specializes in Classical Five
Element Acupuncture and is currently
the only certified practitioner of this
specialized form in Austin.

fiveelementaustin.com

Classes taught at:

ClearPoint
WELLNESS

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