



What a challenging, yet exciting, Fall Qigong Session it has been. Because of COVID-19, we went from in person classes at TRICO to online using Zoom. Sixty-eight risk takers went on this new endeavour with us. As many participants had never used Zoom, Pam Lester kindly provided a Zoom Tutorial and ongoing support.

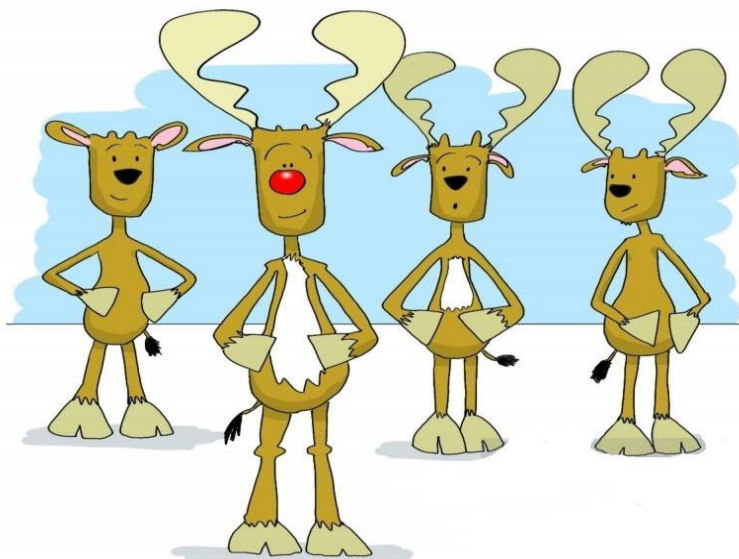
Not only have the participants appreciated the ability to take up to four classes a week at varying skill levels, but for many, with the introduction of Zoom, they also learned a new life skill.

A huge thank you to Mario Argento, our instructor for his creativity in developing a comprehensive online program from his home as well as a new and exciting format for Friday classes. Thank you also to the Qigong Coordinating Committee, comprised of Pam Lester, Janet Anderson, Jay Cooper, Nancy Prior, Anna-Louise Van Buuren and Karen Marks for their insightful ideas and support to make Qigong a reality during these challenging times.

With the continued restrictions and the uncertainty brought on by the second wave, we have decided to continue with online Qigong classes for the Winter Session. Feedback has been extremely positive, and we anticipate a high number of participants for our upcoming Winter classes. While we have missed the in person social interaction, our coordinating committee has been working on strategies for enhanced online social opportunities, such as providing chat time before and after class and special online social events.

Hope to see all the current participants at the **online Fall Session Wind-Up on December 17** (see details below). Wishing all of you a joyous, safe and healthy holiday season and looking forward to seeing you in 2021.

With gratitude
Brenda Zugman and the Qigong Coordinating Committee



CHRISTMAS EVE, AND RUDOLPH LEADS THE OTHER REINDEER IN A QI GONG SESSION CHARGING HIS NOSE WITH QI TO MAINTAIN ITS CUSTOMARY GLOW IN THE PROCESS.

Did You Know?

You can try out a range of classes at the Trico Centre – and you don't need to be a Trico member.

- Go to tricocentre.ca
- Click on Schedule to see the booking system
- click onto classes to get the Zoom code.
- No fees – so you can audit.

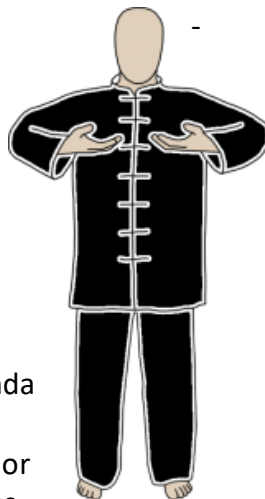


Final Class for Fall 2020 session:

- **NOTE:** Final class on December 18 will begin at 10:30 am instead of the usual 10:00 am

Winter 2021 session plans:

- Same online format, same time: Tuesday to Friday - 10 am to 11 am
- **Tuesday January 5 to Friday April 2**
- **NEW reduced fee for Winter session.**
- **Cost \$70** payment by cheque to: FLC Seniors Club/Qigong
- You can send an e-transfer to Brenda at bzugman@shaw.ca
- Or you can send a cheque via mail or drop it off at Brenda's home, please contact her for address at bzugman@shaw.ca
- New registrants contact Coordinator at bzugman@shaw.ca or 403-288-5520



The cost of fees will be reassessed for each subsequent session.

Party Time!

SAVE THE DATE

Thursday Dec 17 @ 7 pm

Is happening virtually through Zoom



Enjoy your favourite beverage & snacks from the comfort & safety of your home.

**Socialize in small groups
Entertainment**

You will receive an email with further details as well as a Zoom invitation to the party.

Mario's Reflection on Qigong

The functioning of all life depends on energy. So, the more the energy opens up, the more you experience physical, emotional, and mental well-being. You're not only releasing contraction of the chi in your body, heart and mind, you're also reprogramming your system to respond to life in a healthy way.

With consistency practice of Qigong, you really can empower yourself to heal. By reconnecting with the chi and nurturing it, you're shifting from contraction, to openness, to flow.

You're awakening the power and energy medicine within you, which expands your energy levels and increases your capacity to heal.

Exploring more about Qigong

Here are some links Mario recommends:

- www.nqa.org/what-is-qigong-
- www.qigonginstitute.org/category/5/what-is-qigong
- www.livescience.com/38192-qigong.html
- www.qigongcalgary.com

The FLC Qigong Club



Qigong is an ancient Chinese Health Care System that integrates physical postures, breathing techniques, meditations, and focused intention. The gentle, rhythmic movements of Qigong reduce stress, build stamina, and increase vitality. It has been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

We do Qigong to maintain health, heal our bodies, calm our minds, and reconnect with our spirit.

It also creates a balanced lifestyle, which brings greater harmony, stability.