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FOR IMMEDIATE RELEASE

**It's Time to Try Something New for Your Mind, Body & Spirit!**  
*Introducing Qigong – Even Oprah's Talking About it!*

(Denver, CO) Chances are good that you've heard of yoga and Tai Chi. But what about Qigong? (pronounced CHEE gung) Qigong, sometimes called chi kung, is a centuries-old Chinese practice that combines breathing techniques with gentle exercises. Featured on The Oprah Winfrey Show in November 2007 for its anti-aging benefits, Qigong appears to be one of the secrets behind a long, healthy life. Not only can it help you look younger longer, but Qigong can heal chronic illnesses, reduce stress, increase vitality and improve your body's immunity to disease. While once hard to find Qigong locally, there is now a series of classes beginning January 16<sup>th</sup> right here in Denver!

The Details: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday from 6:30 – 8:00 pm from 1/16 to 5/7  
\$20 per session or 8 session series \$140  
Classes will be held in Denver at a living arts centre, 2231 S. Platte River Dr.  
[www.alivingartscentre.com](http://www.alivingartscentre.com)

“Qigong combines breath, movement, relaxation, self-massage and visualization to develop your internal energy and improve your health,” explains Pat Isaacs, a certified Qigong practitioner. “In these classes, you'll learn Qigong techniques for helping with low back pain, insomnia, high blood pressure, anxiety, fatigue and digestive and respiratory problems.”

But what exactly is Qigong? A rough translation is ‘energy practice’ or ‘cultivation of life force.’ Moving and balancing this life force through the body is at the heart of Qigong. Problems like muscle tension are thought to block and disrupt the flow of this energy, resulting in imbalances. The Chinese believe that energy imbalances in turn lead to disease. Qigong works by increasing the amount of oxygen in the blood flow, which takes a load off the heart and makes the blood's pH more alkaline – an important part of maintaining a disease-resistant environment. The movements in Qigong improve the circulation of lymph and spinal fluids in the body as well. With better fluid circulation, the immune system is strengthened and the pressure in joints is eased.

While Qigong has been accepted as an important medical technique in Chinese hospitals for years, it has only recently become popular in this country. The surge of interest in Qigong comes from people who are searching for something different – something that will help them feel significantly better physically and emotionally. Many are interested in finding an activity that not only keeps their bodies healthy, but will also teach them how to be calmer and more peaceful in today's busy world. With the cost and inconvenience of traveling to gyms, learning a technique like Qigong – a practice that once learned, can be done anywhere – is a good investment.

As ongoing research indicates a strong linkage between our emotional, mental and physical states, doctors and health insurance companies are seeing the value of mind/body regimens like Qigong as

well. In a recent report by the Centers for Disease Control and Prevention, the panel recommended that movement therapies like Qigong be incorporated into health routines.

**About Ms. Wigner Isaacs, LAc, CMT, MQP:** Ms. Wigner Isaacs is a licensed acupuncturist, certified massage therapist and Medical Qigong Practitioner with over twenty years of experience in holistic medicine. Her recent certification from the International Institute of Medical Qigong is a culmination of eleven years of study in Chinese Medicine. She is available for interviews and radio and television appearances.

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