

# Relax ∞ Rejuvenate ∞ Restore

## ***Nature's Path Center Medical QiGong Internship Clinic***

351 S. Baywood Ave, San Jose, Ca

Wednesdays, 7:30pm

50 minute sessions - \$20

To schedule your session: email [NATURESPATHCLINIC@gmail.com](mailto:NATURESPATHCLINIC@gmail.com)

***Nature's Path Clinic welcomes you to an evening of healing and relaxation. As a participant you are helping 2<sup>nd</sup> year students deepen their knowledge and understanding of the healing arts, so not only are you receiving, you are also giving.***

The primary goal of Medical Qigong Therapy is to purge toxic emotions from within the body's tissues, eliminate energetic stagnation, as well as strengthen and balance the internal organs and energy fields.

By using gentle movements, breathing techniques, and mental concentration, one can generate, circulate, strengthen, and cleanse the life force (qi) within oneself.