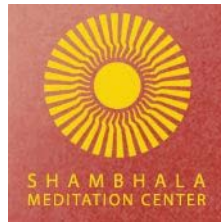


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AIDS Foundation

OF CHICAGO

Ancient Practice of Physical Fitness Known as Qigong Coming to Chicago

Practitioners say gentle, rhythmic movements reduce stress, build stamina, increase vitality

CHICAGO – In this era of burnout and growing stress, sought-after instructor Eva Wong will teach the ancient practice of physical fitness known as Qigong on **June 6-7 at the Center on Halsted**, 3656 N. Halsted Street, in Chicago. Qigong (pronounced chee-gong) has been used for at least a thousand years in China to balance and retain youthfulness in the body.

An author of 15 books and a 30-year practitioner of feng shui, the Chinese philosophy of design and arrangement meant to facilitate the flow of positive energy, Ms. Wong offers these teachings exclusively through Shambhala Meditation Centers. Her Xiantianwujimen lineage of Qigong has been directly transmitted uninterrupted from one practitioner to another since the 11th Century and, until recently, has not been systematically taught outside of China.

Qigong is a form of exercise that revitalizes the body and brings clarity to the mind by integrating physical postures, breathing techniques and focused intentions. Many practitioners have found that its gentle, rhythmic movements reduce stress, build stamina, increase vitality, and enhance the immune system.

Mark Ishaug, president/CEO of the AIDS Foundation of Chicago (AFC), a local and national leader in the fight against AIDS, began training with Ms. Wong a year ago and sees enormous potential for the community.

“AFC is committed to strengthening our community and promoting practices that improve the health and longevity of people living with and affected by HIV/AIDS,” said Ishaug, who uses Qigong to boost his workouts with the AIDS Marathon training program (aidsmarathon.com).

“Training with Eva and practicing the forms several times a week, whether I am at home or traveling, has been an exhilarating experience of energy renewal for me personally,” he added. “I am very excited about sharing these ancient practices with the GLBT community, people living with and affected by HIV/AIDS and beyond.”

The Shambhala Meditation Center of Chicago will host a Level 1 Qigong program featuring Eva Wong on Saturday, June 6, from 9:00 a.m. to 6:00 p.m. A Level 2 Qigong program with Ms. Wong will follow on Sunday, June 7 from 9:00 a.m. to 6:00 p.m. Both sessions will take place at the Center on Halsted,

3656 N. Halsted Street, Chicago, IL 60613. Registration is \$200 for both days, although those who wish to attend only the Level I session on Saturday can register for \$100. (Single-day registration for the Level II session on Sunday is not permitted as Level I Qigong is required to attend Level II.)

There is an optional meditation program on Friday, June 5 at an additional cost of \$10.

Register for this unique event at: www.chicagoshambhala.org or www.aidschicago.org/events/qigong.php

This event is made possible by the generosity of the following partners: Shambhala Meditation Center of Chicago, AIDS Foundation of Chicago, Howard Brown Health Center, Center on Halsted, Illinois Association of Acupuncture & Oriental Medicine, Respiratory Health Association of Metropolitan Chicago, and the Illinois Department of Public Health.

Shambhala is a worldwide network of meditation centers providing public meditation and instruction, and study and training in contemplative practices that support the cultivation of inherent human goodness.

shambhala.org

Founded in 1985 by community activists and physicians, the AIDS Foundation of Chicago is a catalyst for local, national, and international action against HIV/AIDS.

aidschicago.org

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Cultivate your body and mind.

(chee-gong)

Qigong

with **Eva Wong**