

Blending the special healing powers of Qigong and Tai Chi to promote improved wellbeing

Wendy Smith is a professor, lecturer and wellness instructor specializing in stress management, relaxation and mind body techniques. She teaches Tai Chi, Qigong, stress management and meditation at various colleges and institutions locally and throughout NYS. She is a highly experienced student and instructor of Qigong and Tai Chi, teaching these forms and techniques since 1998 to a variety of audiences, ranging from 8 to 93 years of age.

Her unique style is a blend of different approaches resulting from study with four different Masters, emphasizing the special needs of her clientele, the seasonal needs of our bodies and the combination of both active and passive Qigong. Wendy likes to use humor and variety to engage students and then challenges them gently to go beyond their expectations. Her introduction into the world of Qigong occurred as a result of her own search for healing outside of traditional western medicine.

Besides her personal experiences with Qigong, she has completed extensive training in the field, including studies at the Qigong Institute of Rochester and workshops with world-renowned Qigong Masters Yang Yang, Roger Jahnke and Ken Cohen, author of the well-known book, *The Way of Qigong, the Art and Science of Chinese Energy Healing*, as well as Pragata, trained in Buddhist Qigong from the Shaolin Monastery. She is certified in Tai Chi for Arthritis through Dr. Paul Lam's *Tai Chi Productions* and certified in Qigong by Master Yang Yang through the *Center for Taiji Studies*. A long-time student of meditation, she practices with the *Blooming Lilac Sangha*, following the teachings of Zen Master *Thich Nhat Hanh*.

Due to popular student demand, she produced a DVD entitled *Qigong with Wendy*, now available as a video download, entitled, *Qigong with Walking Animal frolics*, focusing on movements for health and vitality. For more information about her multiple video downloads (*AM Qigong, PM Qigong, Seated Qigong and meditation*, etc.), classes, background, techniques, and testimonials, please visit her website at www.agelessqigong.com