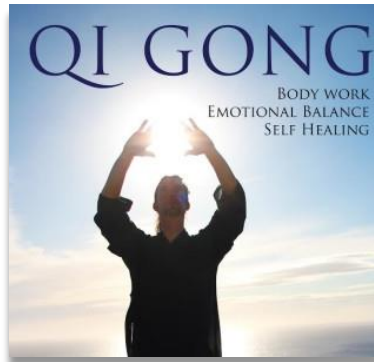


# 'Stress Busting'



## **30 Minutes of 'Magical' Qi Gong Practices** *with* **Prof Harvey Skinner, York University**

We all encounter stress in our daily lives that at times can be difficult to manage. Prof Skinner teaches how Qi Gong can empower us to care for our health and wellbeing despite what is occurring around us. In one practice, Qi Gong combines the calming and insight benefits of a meditation session, the flexibility and balance of a yoga class, and the strength and endurance building of a bodywork or weight training routine.

### **A Typical 30 Minute Session Involves**

- Breath Work: slow, deep breathing for calmness
- Energizing Movements: stretching and strengthening while building energy
- Purging Exercises: 'letting go' of tensions, negative emotions and energy
- Flowing Movements: slow and fluid for relaxation
- Meditation: integrating our mind, body, emotions and spirit.

### **Ten - Week 'Free' Online Program**

**January 18 to March 25, 2021, Mondays and Thursdays noon – 12:30pm**  
followed by an optional Q&A discussion

**Program Details:** consult the Stress Busting website: <https://stressbusting.info.yorku.ca/>

**Open To:** the York University community and friends around the world

**Certificate:** option to obtain a 'Digital Badge' of completion from York University

**To Register:** send your Name and email address to: [harvey.skinner@yorku.ca](mailto:harvey.skinner@yorku.ca)

### **Instructor's Bio**

Dr. Harvey Skinner is a Professor of Psychology & Global Health and he was Founding Dean (2006-2016) of the Faculty of Health. Harvey's daily wellness routine includes: Qi Gong energy and movement practices, mindfulness meditation and body work exercises.