

Moving meditation boosts energy, strength

Who: Lee Holden

What: Qi Gong in the Tetons clinic

When: Friday through Monday

Where: Spring Creek Ranch

How much: Varies – for information or to register, call 1-888-767-3648 or visit www.pacifichealingarts.com

By Katharine Decker

Jacksonites might soon be trading in their *8 Minute Abs* for *7 Minutes of Magic*.

Lee Holden, who soon will publish the latter book, will offer a series of clinics on the ancient meditative practice of qi gong, teaching participants to work with their “life force energy” to enhance their overall well being. The classes will be from Friday through Monday at Spring Creek Ranch.

Composed of gentle stretches, qi gong can be likened to a combination of tai chi and yoga, although perhaps easier on the body because of the fluidity of the motions. It is a moving meditation, allowing the mind to remain centered and calm while the body moves to circulate internal energy. The practice strengthens body parts, including muscles and joints, while increasing energy and reducing stress.

“Different people will be able to take away lots of different things from the workshops,” said Holden, a licensed acupuncturist and herbalist in California. “What we’re going to use it for is

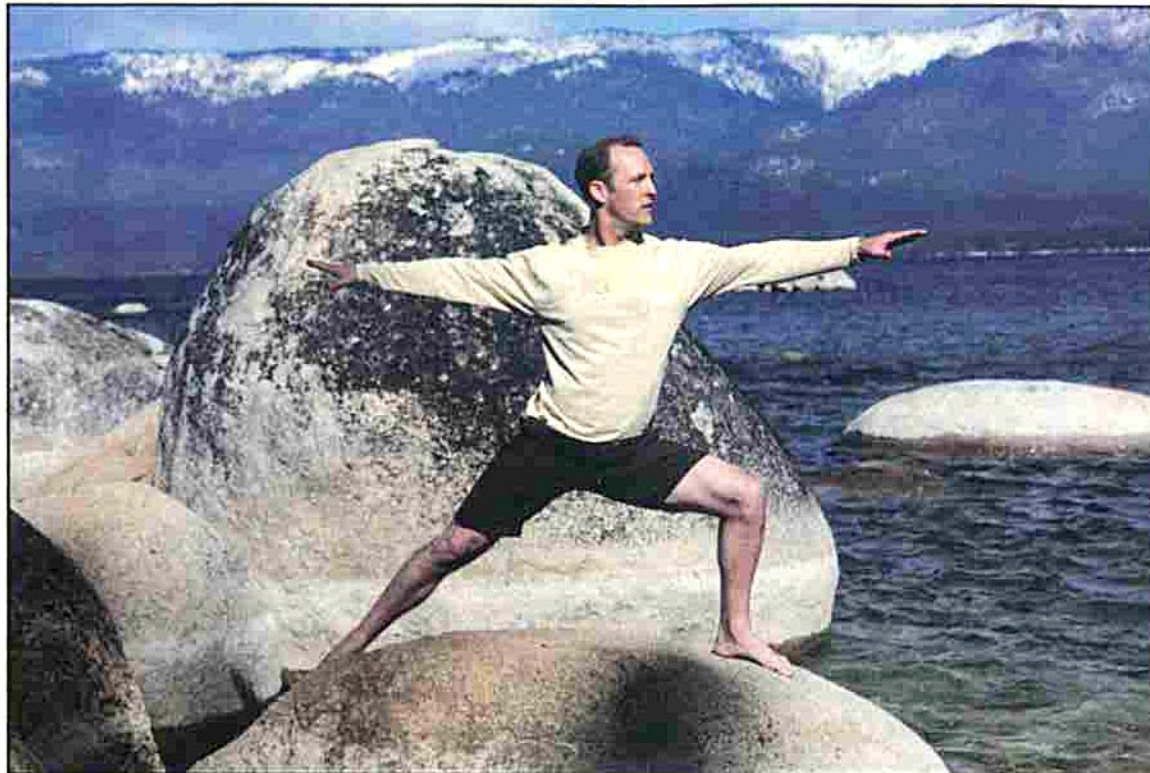


PHOTO COURTESY LEE HOLDEN

Visiting qi gong instructor Lee Holden will conduct a series of clinics on the ancient meditative practice Friday through Monday at Spring Creek Ranch.

ways people can stay flexible for particular sports they participate in Jackson Hole – skiing and hiking – and ways to stay emotionally balanced and clear stress.”

Holden’s first clinic will focus on energetic protection for healers and body workers including chiropractors, physical therapists, massage therapists and acupuncturists. The class will teach them how to maintain their own energy while giving energy to patients using qi gong techniques. The \$40 class will be

from 6 to 9 p.m. on Friday.

In celebration of world tai chi/qi gong day, the public is invited to participate in a free clinic at 10 a.m. on Saturday during the opening ceremony of the Eco-Fair. The event, at the Journeys School, will introduce individuals at all fitness levels to the practices.

Following the introduction, Holden will offer another class focusing on the five elements of qi gong flow. The class will feature the elements of fire, water, wood,

metal and earth that are at play within the body, mirroring the natural energy flow of nature. Open to individuals at all fitness levels, the clinic will be from 1 to 5 p.m. for \$65.

Sunday’s all-day class will highlight the three “treasures” of qi gong and meditation, referring to the balance of energy between the body, mind and spirit. The effect of the practice on the body will help cultivate sexual energy for health, vitality and spiritual insight. Focusing on the

mind will help create emotional balance, and the spiritual practice will teach participants to use mental energy for spiritual insight. The class will be from 9 a.m. to 5 p.m. for \$125, which includes lunch from noon to 1 p.m.

Concluding the four-day series, Holden will conduct a class on iron shirt qi gong, an ancient martial arts practice to increase bodily energy. Composed of eight postures utilizing deep breathing techniques and combined with tai chi, the practice is used for inner structure, internal power and improved circulation. The class, geared toward individuals at intermediate fitness levels, including tai chi or yoga practitioners and martial artists, will be from 6 to 9 p.m. for \$50.

Holden first utilized qi gong to help heal a lower back injury he endured in college. After feeling the positive results, he continued practicing the moving meditation to maintain his well being.

He now encourages others to pursue the practice for their overall health, conducting workshops and classes throughout the world.

In May, Holden will release *7 Minutes of Magic*, highlighting simple meditation practices to start the day with more energy and end the day by clearing stress.

To register for any of the classes, call 1-888-767-3648 or visit www.pacifichealingarts.com.