

## Qigong specialist offers classes

By Diane Goble  
Correspondent

It's a new year and a good time for renewal by detoxing your body and building your qi through learning the practice of qigong (qi = energy, gong = work). Qigong is similar to tai chi and shares aspects of other energy work like yoga and reiki, but it is based on Chinese medicine theories (similar to acupuncture).

Joyce Brown, who has been teaching qigong for 10 years at Central Oregon Community College, Sisters Athletic Club, Sisters Park & Recreation District and privately, will be offering a series of three classes introducing the healing routine beginning on January 24 at Green Ridge Physical Therapy and Wellness.

In the first two-hour session, Brown teaches the basics of Chinese medicine. The second class focuses on detoxing the body with an inner cleanse and the third class teaches how to gather your qi. Each class stands alone and if you have taken the course before, you can take any one class as a refresher.

Brown describes qigong as "slow, focused movements to help you feel and direct your body's energy into balance," which provides relaxation and other health benefits to people of all ages (over 14).

Following each class for



PHOTO BY DIANE GOBLE

Joyce Brown demonstrates Qigong.

those interested in deepening their practice, Brown will offer an hour of a full form of energy work called "Soaring Crane Qigong." This form came directly from China by Master Chen, who certified her as a teacher of this practice. People are invited to observe and join in if they wish.

"The beauty of qigong," Brown says, "is that it can be done sitting if you can't stand, and uses such slow, gentle movements that most people find they can do it easily."

It is recommended by wellness expert Dr. Andrew Weil (drweilselfhealing.com) to maintain flexibility, balance and general vitality as we age. Research suggests

that practicing qigong regularly can lower blood pressure, reduce arthritis pain, clear blockages and even enhance immunity.

Preregistration is required. Classes are \$20 each, \$10 for review students. Discounts apply for multiple classes: 2 for \$36, 3 for \$48. First class will be held at Green Ridge Physical Therapy and Wellness, 325 N. Locust St., on Saturday, January 24, 9:15 to 11:15 a.m. followed by Soaring Crane from 11:30 a.m. to 12:30 p.m. The second class will be on February 21 at the same times. Third class is tentatively set for March 21 but date, time, and place will be announced. Contact Joyce Brown for information at 541-420-5875.

## Habitat presentation set at Sisters Library

Community members are invited to a kickoff luncheon hosted by Sisters Habitat for Humanity to hear about its latest home-building project for David Spain and his family.

The presentation takes place Thursday, January 29 at noon in the Sisters Library Community Room. Participants will meet David Spain, see the house plans, learn about the project and the various volunteer opportunities with the build. Lunch will be served. Those wishing to attend are asked to RSVP to Marie Clasen at the Habitat office at 541-549-1193 or marie@sistershabitat.org.

Spain and his two children, Brock and Marie, broke ground at the property located at 920 E. Cascade Ave. in October. Weather permitting, the Habitat crew and volunteers hope to pour the foundation in February. Tony Cosby's construction class at Sisters High School will build the walls to the home.

A group of students from Eastern Washington University will spend their spring break, March 22-29, working on the home. In May, women from around the area will volunteer their time at the job site for Habitat's Annual Women Build.

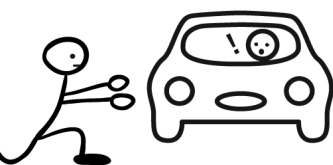
Habitat's Construction Manager Shawn O'Hern and his crew will work on the home Tuesdays, Wednesdays and Thursdays.

Before moving into a Habitat home, family members put in up to 500 hours of sweat equity. That time is often spent helping at the job site, volunteering at Habitat's Thrift Store or ReStore or helping with Habitat mailings.

David Spain has lived and worked in Sisters for more than 30 years, and currently works as a custodian for the Sisters School District. Marie is a junior at Sisters High School and Brock is in eighth grade at Sisters Middle School.

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