

## Bridges.Academy Welcomes You!

Enjoy moments of  
warmth, fun and  
exploration.



## Power to You: Tools for Becoming

### Qiqong

"Win the morning, and you'll win  
the rest of the day."

Ahh, peaceful Qiqong.

Simple. Meditative. Healing.

Master Chunyi Lin shows us **one technique** to quickly balance the energy in our body. The exercises restore health by addressing our organs' electric and magnetic fields.

This is also a tool for becoming more calm and centered. The exercises take 5 minutes and are done while seated.

Here's wishing you a peaceful Qiqong morning, and a peaceful rest of your day.

## The Ultimate Crash Helmet







