

**Live Strong Do Qigong**



**Stay Calm Do Qigong**

# Qigong: 'The Warriors Path To Healing'

Explore: Warriors 9-Breath Method, Breath Empowerment, and Simple Qigong Movements

Qigong is used by Medical Doctors to heal disease in Traditional Chinese Medicine.

Feel for yourself why Qigong is recommended by the VA and DoD

## Benefits of Warrior Breathing Exercises:

- **Very Powerful for Anyone Struggling With PTSD**
- Get you out of fight or flight NOW!
- Helps stop a flashback almost immediately!
- Gets you into a tranquil, yet very empowered state
- Increase micro-circulation, bringing oxygen, blood and nourishment to your entire body
- Provide full oxygenation which boosts white blood cells, fights disease, depression, and anxiety
- Give your blood as much oxygen as if you just ran a 5K
- Allows you to change you emotional state fast
- This is the best high you will ever get—all on oxygen!
- Do Qigong breathing for 30 days and you will never want to go without it!
- Increased oxygen to brain increases brain health
- **Guaranteed full-body vibration—which is the Qi flowing through you**

## Benefits of Healing Qigong Movements

- Recommended by DoD and VA for PTSD
- Being used to treat TBI
- Endorsed by DoD in the treatment of Opioid dependency.
- Decreases desire for Suicide
- Used to treat Torture Survivors
- Decreases stress, depression & anxiety
- Increases balance, strength, & calmness
- In the 'Whole Health For Life' Program at the VA
- Help reverse disease—it can't thrive when there is full oxygenation
- CIA has an online library of studies & articles documenting benefits of Qigong.
- Increases testosterone in blood and physical power
- Increases Mental Focus
- Speeds Recovery of Injuries

**FREE FOR VETS —Donations Accepted**

**Where:** Pacific Lutheran University Bldg 7777 **When:** Friday Sept 21st from 10:30-12 noon  
**Bring:** Water, a Yoga Matt or blanket, wear comfortable clothes, & shoes.

**Certified SSQ Instructor: Phoenix Alexander—RSVP 253-838-3336 [www.FromVictimIntoVictor.org](http://www.FromVictimIntoVictor.org)**

## Qigong Is Endorsed By:

**Department of Defense: DoD-** <https://search.defense.gov/search?utf8=%E2%9C%93&affiliate=dod-search&query=qigong&commit=Search>

**Veterans Administration: VA-** [https://www.index.va.gov/search/va/va\\_search.jsp?SQ=www.va.gov%2Fhealth&QT=qigong](https://www.index.va.gov/search/va/va_search.jsp?SQ=www.va.gov%2Fhealth&QT=qigong)

**Central Intelligence Agency: CIA-** <https://www.cia.gov/library/readingroom/search/site/qigong>

**Department of Health and National Institute of Health: DOH-and NIH-** <https://nccih.nih.gov/health/taichi>

**Over 4,000 Scientific Studies documenting effectiveness of this 5000 year old practice**