

Morning Qigong Workout

8:30am – 9:00am – Morning Qigong Workout (optional)

Qigong (pronounced – “chee gong”) is an ancient form of exercise ideal for people of all ages and fitness levels. Instructor Mark R. Reinhart, being a life long musician, has tailored the workout to address some of the common concerns of musicians. In addition to his extensive musical background, Reinhart holds a Masters’ Degree in Medical Qigong and has been a student/teacher/practitioner of the Eastern Health, Healing, and Martial arts for over 35 years. He currently heads the Qigong/Taiji program at the Hazleton Health & Wellness Center, is the only certified instructor in Northeast Pennsylvania of the *Tai Chi from the Arthritis Foundation*® and *Tai Chi for Diabetes*® programs created by Dr. Paul Lam, and has been nominated to serve on the Board of Directors of the National Qigong Association.

The half-hour work out will consist of exercises which focus on:

- Proper postural alignment
- Releasing excess tension (many musicians are unaware of excess tension held in areas of their bodies which can adversely affect performance, and moreover, health, e.g. carpal tunnel syndrome)
- Proper breathing techniques (ideal for everyone especially brass and wind players, as well as vocalists)
- Relaxation techniques (to help performers deal with the stress of live performances and auditions)
- Stimulate the immune system
- Provide a good all around work out to start the day.

~~ Ideal for students, teachers, and parents ~~