



New Year, New Energy: an Introduction to Qigong Series

Yuko Hagopian



TIME & PLACE:

1/20/26 (Tues) thru 3/31/26 (Tues) 1:00pm-2:00pm
6 In-Person Workshops (every other Tuesday)

NO COST TO PEOPLE IMPACTED BY
CANCER

We are excited to re-introduce Qigong for a six-week series for the new year! The ancient Chinese healing art of Qigong is a practice that integrates gentle movement, breath awareness, and mindful focus to enhance the body's natural healing abilities. Designed especially for cancer survivors and caregivers, this workshop offers a gradual and supportive introduction to Qigong's core principles and techniques. Participants will learn simple movements to improve circulation, balance, and flexibility while cultivating calmness and vitality. No prior experience is necessary. All levels and physical abilities are welcome.

This group is facilitated by Yuko Hagopian, who studied qigong in Japan. As soon as her qigong master confirmed that Yuko was ready to teach her own classes, she was eager to find people impacted by cancer to serve. "My father passed away ten years ago from cancer," says Yuko. "Since then I have wanted to be of service to the Cancer Support Community." Yuko teaches "internal qigong" using a guided meditation CD created specifically for people affected by cancer. Yuko's experience has been that this practice helps people transform their mental state from pessimism and depression to optimism and peace. "There are so many benefits to this practice," she says.



To register and learn more:

cancersupportvvsb.org

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call: 805.379.4777