



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 was first introduced to qigong in Japan. Yuko wanted to be of service to Cancer Support Community in honor of her father. During her life in the United States, Qigong practice helped her recover from a serious health issue and triggered her to begin formal training to teach.

Yuko teaches "internal qigong" using a guided meditation CD created specifically for people affected by cancer. She states that this practice helps people support their emotional well-being by reducing distress and cultivating optimism and a sense of peace. She believes many more people can recover more quickly through a combination of modern medicine and various complementary tools, including Qigong, that help strengthen the immune system.



To register and learn more:

cancersupportvvsb.org

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call: 805.379.4777