

Qigong for Women's Breast Health

Love your body, mind, and soul for a Lifetime!



Jenny Merdinger is a partner at Budding Spring Healing, offering group qigong programs and individual treatment sessions. She and her partner, Larry Stoler, apply the ancient Chinese healing framework to help people find new ways to wellness, purpose, and joy.

Sundays

*March 18, April 8,
April 22, May 6
1:00–2:00 pm*



S O L A C E
A G A T H E R I N G P L A C E

5225 Old Orchard Rd, 24-B
Skokie, IL 60077
www.truesolace.org



This four-week program incorporates special Wu Ming Qigong movements that were originally developed by Grand Master Nan Lu to help women prevent and recover from breast cancer.

Women in the program, however, experienced a wide range of benefits to breast and heart health. Breast masses, high blood pressure, and menstrual and menopausal discomforts were reduced or healed entirely. Calm and vibrancy replaced anxiety and emotional mood swings.

Jenny Merdinger pursued her certification in Qigong for Women's Breast Health after experiencing personal healing as a student in the program.

\$100

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