Wellness Classes Offered

June 6—More and more people are seeking preventative steps and natural remedies to promote wellness. Santiago Canyon College offers three unique workshops through its Community Services program designed to encourage the practice of natural activities in pursuit of personal health.

Students are taught how to utilize the energy flow inside the body alongside gentle movements to promote and strengthen the immune system and fight diseases in “Chinese Qi-Kong.” Practicing Qi-Kong helps keep the heart rate low, the body calm during stressful situations, the mind clear, and creates a general harmony inside the body to obtain optimum health, mental balance, and happiness. Classes are offered from 7:00 p.m. to 8:30 p.m. every Friday and Tuesday from June 10 to June 28 at Santiago Canyon College, room A-104, 8045 E. Chapman Ave., in Orange. The fee for this series of workshops is $59.

Lan Pao Phong serves as the instructor for the workshops. Phong holds a Qi-Kong Master Certificate, is the president of the American Qi-Kong Institute for Wellness, and a certified acupuncturist.

In “Ayurveda and Breathing Meditation,” the basics of ayurveda and pranayama breathing are taught. Ayurveda is a 5,000 year-old practice emphasizing preventative medicine,
diet, lifestyle, exercise, and environmental factors that contribute to individual well-being. Ayurveda addresses a variety of health concerns including heart and bone diseases, diabetes, neurological disorders, liver and kidney diseases, women’s life cycles, and men’s and children’s wellness. The workshop is presented by Dana Tilak, a certified ayurvedic practitioner who teaches lifestyle management. “Ayurveda and Breathing Meditation” is scheduled for Saturday, June 25 from 3:00 p.m. to 5:00 p.m. at Santiago Canyon College in room D-121. The fee for this workshop is $29.

“Head, Neck, and Shoulder Massage” teaches the basic massage strokes that will help reduce tightness and minor aches and pains in high-tension areas of the head, neck, and shoulders. During the workshop, massage techniques are taught that can be used to provide self-relief as well as relief for friends and family. The workshop, led by Patricia Tanner, a reflexologist, massage therapist, and certified natural health practitioner, is scheduled for Saturday, June 25 from 10:00 a.m. to 1:00 p.m. at Santiago Canyon College in room B-213 for a fee of $49.

For more information on these or other Community Services classes, call (714) 628-4960 or visit [www.sccollege.edu/cs](http://www.sccollege.edu/cs).

Santiago Canyon College is a public community college of Rancho Santiago Community College District serving the residents of Anaheim Hills, Irvine, Orange, Tustin and Villa Park. The college provides education for academic transfer and careers, courses for personal and professional development, and customized training for business and industry.

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