

**The Five Elements - Affirmations And Qigong By Adam
Holtey**

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Classes will be continuing every Monday night, led by either Adam Holtey or Deborah Davis (Deborah begins in February)! This Monday, Adam will have DVDs available of

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This book details methods for utilizing the Five Elements of traditional Chinese Medicine, through qigong practices and affirmations. Detailed instructions and photo

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Adam Holtey is on Facebook. The Way of Qigong. Movies. Fat, Sick & Nearly Dead. Television Five elements (Japanese philosophy)

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The latest Tweets from Adam Holtey (@AdamHoltey). Qigong instructor, Author, Small business owner, sustainability enthusiast. Southern Oregon

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You can find more information about Adam's book, The Five Elements - Affirmation and Qigong, and the accompanying DVD and audio CD, by following this link to amazon.

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