



# *Xin Wellness*

## Preparing for QiGong class

**Class begins promptly at the scheduled time.**

**Please arrive a few minutes early to prepare for class.**

**Wear modest, loose comfortable clothing.**

**Please bring a clean pair of socks or bring an indoor shoe with a soft flexible sole.**

**Please be considerate of classmates and do not wear heavy perfumes; even some men's aftershave can be overpowering. Think natural. Sweat is good. It is the body's way of cleansing.**

**It is best to come to class on an empty stomach. If you need to eat before class, try to eat something light at least an hour before.**

**Please leave your jewelry at home including rings, earrings and watches or take them off before class starts and keep them in a safe place. Metals can disrupt the flow of bioelectric energy (Qi).**

***Please turn off cell phones and any other electronic devices* or leave them behind.**

***Be sure you are well hydrated. Hydration is essential to the flow of bioelectrical energy or Qi.***

**Clear your mind, BE in the moment, and plan to immerse yourself in the class.**

**Lastly, plan to come and have fun. This is your time to relax and escape.**