

# The Possible Society of California

## Education for Well-being

Our programs include [Qigong](#), [Aqua Ch'i](#) and a [Veterans' Rehabilitation Program](#). For more details, see below.

Please inquire about our [upcoming events!](#)

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### Qigong for Elders and Others

Cultivating well-being by caring for Self and Others:

As we cultivate this practice in ourselves, we naturally wish to create practice communities, sharing it with our families, friends, patients and clients. Experience a community-building shared meditation that will make you feel closer to yourself, your loved ones and your neighbors.



**Dayan (Wild Goose) Qigong**  
**Location:** [Escaton Hazel Shirley Manor](#)  
[11025 San Pablo Avenue](#)  
[El Cerrito, CA 94530](#)  
**Phone:** 510-526-0312  
**Time:** Ongoing Tuesdays, 10:30 - 11:45 AM  
**Cost:** Sliding Scale - \$5 - \$15 donation per class

#### Class Description:

This class is geared for Elders attending classes at the Richmond Senior Center, but is suitable for all persons who would like to begin a gentle movement practice at a gradual pace. Emphasis is also on development of community. Like its namesake, the practice group comes to resemble a flock of geese supporting each other to do more and be more; sending caring to any goose that may go down for a while, whatever the cause.

All classes are open to people with arthritis, Parkinson's disease, stroke, MS, spinal stenosis, fibromyalgia, chronic pain, and headaches.

Decrease your pain, increase your circulation and flexibility, improve your balance and endurance, learn to feel good, meet new friends. Includes gentle stretches and self-massage, fun atmosphere, individual attention.