

Guided Tai Chi with Dr. Carlos Santo

Friday, August 31, 2024, 7am PST



Carlos Santo is practicing naturopathic physician with additional backgrounds in Traditional Chinese Medicine and Exercise Physiology. He has utilized his diverse background to motivate people to incorporate complementary and integrative health practices into their personal and professional lives. In this session, Carlos will introduce the healing principles of Qigong, which can be considered an internal version of the more movement-based practice of Taichi. Viewing the individual as a representation of the greater universe, Qigong incorporates a combination of internal awareness, breathing, and directed movements to optimize the flow of Qi, or life force, within the body. This practice may be experienced standing or seated and by those of any level of fitness.