

Join us as Mark R Reinhart examines the arts from the Chinese perspective. Drawing from his lifelong experience with not only the Eastern arts, but his life in the musical arts, Mark offers a unique approach to cultivating and enhancing artistic expression. He will be discussing the core concepts and principles at the heart of all Chinese arts, explain the importance of posture and breath, teach meditations and movement routines along with fun neurological exercises all designed to reconnect the person with their bodies, open the channels and allow your creative energies to flow!

Mark will be teaching from his extensive knowledge and experience with Qigong ("chee gong"), an ancient and complete Chinese health practice that combines breath, posture and body awareness.

Mark R Reinhart has been a practitioner of the energetic arts for over fifty-five years. Beginning his studies at age five, he played brass throughout his school years. Mark began his guitar studies at age twelve and began teaching and performing shortly thereafter. He is an Alumni of Berklee College of Music, Boston MA, majoring in Performance and Composition. He is also an accomplished pianist, proficient in all styles and has performed both solo and with numerous bands most notably his thirty-six years with Jay Black and the Americans.

Reinhart has also been a practitioner of the Chinese Philosophical-Martial-Healing Arts since the late 1960's. He holds a Master's Degree in medical Qigong, has extensive and ongoing training in all aspects of Classical and Traditional Chinese Medicine, and has been a student-practitioner-teacher of numerous styles and systems of both Qigong and Taijiquan.(Tai Chi). A Professional Member of the National Qigong Association (NQA) since 2006, he has served on the NQA's Board of Directors for seven years, and sat as President for four years. He is a regular presenter at the NQA Annual Conferences and teaches and lectures across the country. His practice, Three Pure Rivers Studio For the Arts, is located in Drums, PA. For more information visit [www.threepurerivers.com](http://www.threepurerivers.com) or call 570.359.3059.

The workshop is open to all regardless of experience, age, or fitness level, and encouraged for anyone actively involved in the arts. It is also the perfect opportunity to learn about Qigong. A portion of the proceeds will go to benefit Perfect Harmony Center For the Arts, LLC



## Silence & Sound - Stillness & Movement... Exploring the Energetics of the Arts with Qigong



When: June 12<sup>th</sup>, 1-4pm

Where: Perfect Harmony Center for the Arts – 10 West Dorrance St., 4<sup>th</sup> Floor, Kingston PA 18704 (there is an elevator available)

Call or email to make your reservation: 570-714-ARTS (2787), [perfectharmony@frontier.com](mailto:perfectharmony@frontier.com)

Cost: \$50