

*"All are sacred across bars and borders." — IM4HI*

# Qi Gong, Insomnia & Compassion

(A Health Equity Project)

With the organization Interfaith Movement For Human Integrity (IM4HI), **Dr. Kathy Yep** invites you to participate in a drop-in qi gong class. The goal is to teach simple practices to help people grappling with hard situations (e.g. illness, natural disasters, chronic stress, violence, imprisonment, inequities, death, immigration policies, etc).

**Thursdays,**  
**12:15 - 1 p.m. PST**  
**Open to all. No experience necessary.**  
**<https://pitzer.zoom.us/j/513664738>**

#### **HOW MUCH DOES IT COST?**

The session is free and donations are accepted for my community research partner, Interfaith Movement for Human Integrity (IM4HI).

If you decide to donate, suggested donation per session: \$1 - \$20. All donations will go to IM4HI for those impacted by immigration policies and incarceration. Venmo: @ProfessorYep or donate to IM4HI directly ([www.im4humanintegrity.org](http://www.im4humanintegrity.org)).



#### **WHAT IF I AM A CARETAKER DURING THE WORKSHOP?**

If you have to join late or leave early, still come to the session. If family members (human and four-legged) wander in, all are welcome.

#### **WHAT IS QI GONG?**

Qi Gong (pronounced chee-gong) is an ancient and contemporary Chinese exercise that combines movement, breathing, meditation, and body posture.

For more information: <https://kathyYep.com>

