

Spring Forest Qigong for Health

Spring Forest Qigong (chee gong) is a simple, efficient, and effective method for helping you experience your optimal health, wellness, and happiness; helping you heal physical and emotional pain; and helping you enhance the quality of your life and the lives of others.

Active Exercises & Meditation
1st & 3rd Thursdays of the Month
Cost: \$5 Donation per session
Time: 7:00 p.m.—8:30 p.m.

Dates: Fall 2009

Sept. 3rd & 17th

Nov. 5th & 19th

Oct. 1st & 15th

Dec 3rd & 17th



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To Register:

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