

# Qigong Classes

## ACCEPTANCE TRANSFORMATION AND SELF-HEALING

Purging & Gathering Exercises,  
Breathing Exercises, Tendon  
Stretching, and Meditation  
4 Weds per month, 7-8pm, \$50

## GATHERING THE PURE COLOR & ENERGY OF THE 5 ELEMENTS

White Light Benefits the Lungs  
Blue Light Benefits the Kidneys  
Green Light Benefits the Liver  
Red Light Benefits the Heart  
Yellow Light Benefits the Spleen

Movement/Tonifying Exercises  
4 Thurs per month, 7-8pm, \$50  
Call to join classes any week.  
Optional health questionnaire avail.

## REGISTRATION & APPOINTMENTS ONLINE, BY PHONE, OR EMAIL



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