

# Medical Qigong July Exercise Classes

LEARN MEDICAL QIGONG EXERCISES TO  
RELIEVE THE PAIN AND SUFFERING OF:

Joints, Tendons, Liver Conditions  
Tuesdays 8:30-9am

Low Back Pain, Fatigue, Kidney Conditions  
Thursdays 12-12:30pm

Allergies, Asthma, Lung Conditions  
Fridays 2-2:30pm

Acceptance/Transformation/Self-Healing  
Wednesdays 6:30-7:45pm

*1/2 hour class fee: \$30 for 4 classes*

*1-1/4 hour class fee: \$50 for 4 classes*

Class cycle begins week of July 7-10. Drop-ins are  
OK in the first class. Wear loose clothes, bring H2O.

REGISTRATION & APPOINTMENTS  
ONLINE, BY PHONE, OR EMAIL



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Specializing in Chinese Energetic Medicine

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