

QIGONG – (CHI GUNG)

Breathing~ Movement~ Meditation

Developed in ancient China, the fluid, repetitive motions and deep breathing of Qigong help to improve overall health, prevent dis-ease, and strengthen the body and mind. The rhythmic movement stimulates the acupuncture organ meridians thereby bringing the immune, endocrine and nervous systems into balance.

People of any age, shape or size can benefit from the regular practice of this movement meditation.

Come join us.

