



Free Qigong Classes

(Beginners are welcome!)

Qigong has been translated as skilled cultivation of life energy (*Qi*) through coordinated breath and movement techniques. It has been practiced for thousands of years to cultivate balance in the body, mind and spirit by facilitating the smooth flow of *Qi* through meridian pathways in order to maintain health and well-being.

WHEN: Saturdays from 3 – 4 pm, April 6,13,27, May 4 & 11

WHERE: 1410 Broad Street, Durham

In order to attend, please contact Ian Florian at

919-416-0675

and reserve your spot now!

You are welcome to attend one or all of the

five classes being offered.

Please bring your water bottle and wear loose clothing!

Looking forward to working with you!