



Class starts this Saturday!

Nine Phases of Cultivation and Mastery Qigong developed by Roger Jahnke

Saturdays, January 19, 2019 - March 9, 2019

10:00am - 11:15am

Life Wellness Centre

13455 Sunrise Valley Dr., Ste 300, Herndon, VA

Cost - \$200

Questions or to register - Contact Pauline at
reidpr@hotmail.com

Qigong is a centuries old mind-body-spirit system of practices that can help guide us back to our center. Gentle rhythmic movements help to realign the body and improve flexibility, while focused breathing and visualization encourage us to act with thoughtful intention, allowing us to respond to challenging situations with greater creativity. Sometimes called "moving meditation," Qigong offers us a chance to realign with our center, improving both internal and external balance. All levels welcome. Movements can be modified to suit individual needs.

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