

# 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.***

