

Self Healing Qi Gong



Starting Date: February 19th, 2019

Every Tuesday

Time: 9:00 a.m.– 10:00 a.m.

Suggested \$2.00 Donation

**Location: Community Room,
ONEgeneration Senior Enrichment Center
18255 Victory Blvd.**

For More Information or Sign up

Please Call:

818-705-2345

**No Previous Yoga or Taichi
Experience required**

Unify Your Body, Mind and Spirit

**Lower Stress Levels, Promote Heart
Health. Reduce Pain**

Make Friends

Have fun and Enjoy it!

“Practicing tai chi and qigong has made me a different person at 63 than I was at 55. I haven’t had bronchitis for three winters now. My allergies have all but disappeared. I can go for months at a time without using inhalers. I no longer have that stooped chicken walk. And I have the energy and stamina I had in my early thirties.”

–Diane Rapaport, Jerome, Arizona