

Kate,

Since April, I have been teaching Bo Yoga Live Online from my living room every Saturday at 10am Pacific Time.

Although most people have enjoyed the classes, it's my two cats, Shaytoon and Maloos who get most of the compliments!

We may have to rename the class Cat Yoga! 🐱🐱

In fact, the live, online classes have been going so well, we have been getting requests for more classes! So, I have decided to try offering a different style of class for September.

You are invited to join us for:

### **Free Qi Gong classes at 9:00 - 10:00 am Pacific Time on Zoom.**

I don't know if this time, day, and class style will be ideal for everyone, so I am testing it out for a month to see how it goes!

You can join us for 1, 2, 3, 4, or 5 Free Qi Gong Classes.

Since there are 5 weeks, I will offer a 5 Element Style Class Series.

Sep 1st: Wood 🌲 - Growth and Purification

Sep 8th: Fire 🔥 - Joy & Inspiration

Sep 15th: Earth 🌱 - Patience & Grounding

Sep 22nd: Metal 🔑 - Breathing & Concentration (also my birthday 🎂)

Sep 29th: Water 💧 - Relaxation & Flow