



# CHI KUNG

## EXERCISE AND MEDITATION

Please join Andrea Albergo for Chi Kung, which is considered a beautiful, peaceful path for body, mind and spirit. Andrea will show how to create a peaceful body by combining movement, breathing and meditation. This class is geared for seniors or the beginner adult. The six week session will begin Thursday, May 30 and will be held at 1 pm at Garden City's Senior Center. The price for the session is \$48.

To register this class, please fill out the form below and return it to the Recreation Office at 108 Rockaway Ave with payment.

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### CHI KUNG EXERCISE

**Thursdays at 1 PM beginning May 30**

**Name** \_\_\_\_\_ **Birthdate** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Emergency Phone** \_\_\_\_\_

Price - \$48. Please make your check payable to the "Inc. Village of Garden City"

I certify that I am in good health and able to participate in the activity listed above. I understand that there are risks associated with participation in this event, and hold harmless the Inc. Village of Garden City, its officers, agents, and employees.

Signature \_\_\_\_\_