


Qigong For Inner Peace Class Calendar

movement is medicine 

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4:30-5:30 Mindful Qi Flow	2 10-10:45 Woman's Qigong for Vitality	3 4:30-5:15 Tai Chi Fusion	4	5
6	7 10-10:45 Vagus Nerve Qigong 4:30 - 5:00 FREE CLASS	8 4:30-5:30 Mindful Qi Flow	9 10-10:45 Woman's Qigong for Vitality	10 4:30-5:15 Tai Chi Fusion	11	12
13	14 10-10:45 Vagus Nerve Qigong 4:30 - 5:00 FREE CLASS	15 4:30-5:30 Mindful Qi Flow	16 10-10:45 Woman's Qigong for Vitality	17 4:30-5:15 Tai Chi Fusion	18	19
20	21 10-10:45 Vagus Nerve Qigong 4:30 - 5:00 FREE CLASS	22 4:30-5:30 Mindful Qi Flow	23 10-10:45 Woman's Qigong for Vitality	24 4:30-5:15 Tai Chi Fusion	25	26
27	28 10-10:45 Vagus Nerve Qigong 4:30 - 5:00 FREE CLASS	29 4:30-5:30 Mindful Qi Flow	30 10-10:45 Woman's Qigong for Vitality	31 4:30-5:15 Tai Chi Fusion		

-  Marie Freeman, Teacher
-  Maryellen LaBelle, Teacher
-  FREE Class

www.qigongforinnerpeace.com
617.733.5806/781.710.4325 or email: qigonginnerpeace@gmail.com

