

# Qi gong / tai / chi

— • MOVEMENT • BREATH • BALANCE —



Cultivate energy. Calm the mind.  
Strengthen body. Restore balance.

Join us for a rejuvenating practice that  
supports health, harmony, and  
inner peace for all ages and abilities.



UPCOMING DATES

June 14th

July 13th

Aug 9th



Improve flexibility,  
balance & circulation



Reduce stress  
& increase vitality



Connect mind,  
body & spirit

*Move with intention. Breathe with awareness. Live in balance.*