

Qigong

ONE-TIME EVENT
w/ Returning Guest Instructor

Rema Boscov

Wed., March 7th

Noon – 1:15 p.m.

Cost: \$20



This class will let you **move with ease, promote focus and calm, and make you smile.**

Qigong is an ancient Chinese health maintenance practice growing in popularity. *Qi* (chi) is "life force" or energy and *Gong* means cultivation. It is said that regular *qigong* practice may lead to longevity.

Acupuncturists work with *qi* to effect healing and promote well-being, but you can move this energy yourself, by learning simple movements, meditation, breathing practices and self-applied massage, seated or standing. *Qigong* is easy, joyful, profound, and deeply satisfying.

Location: Sanibel Yoga
2496 Palm Ridge Rd.



Rema Boscov has been practicing *Qigong* and studying with various *Qigong* masters for many years. She has taught in various venues. "This practice is both energizing and centering," she says. "I became certified to teach it so I could pass on the gift."