

QiGong

Qigong is easy, joyful, profound, and deeply satisfying.



Where: SANIBEL YOGA
2496 Palm Ridge Rd

When: Saturday March 5th =2:30-4pm
Sunday March 6th =2:30-4pm

Fee: Single class-\$20
Both days-\$35

PRE-Registration Requested
239.738.3856

Learn the easy, satisfying movements of Qigong, an ancient Chinese health maintenance practice, growing in popularity throughout the western world.

It's a way to work with and move *qi* (energy), which has been scientifically documented as having a small electrical current. It is said that a daily practice of qigong promotes health and longevity.

Acupuncturists work with qi to effect healing and promote well-being, but **you can move this energy yourself.**

Introductory class: May be done seated or standing

**Learn: Simple QiGong movements
Meditation techniques
Breathing practices
Self-applied massage**

Guest instructor: Rema Boscov has been studying with various Qigong masters and teaching for several years. "This practice is both energizing and centering," she says. "I became certified to teach it so I could pass on the gift."