



Qigong

Restoring natural harmony

NEW BEGINNERS CLASSES

Captiva Civic Center

11550 Chapin Lane – Captiva Island

Qigong (Life Energy Cultivation) is a series of easy to do non-strenuous techniques and movements that focuses breathing, activates the body's internal energy, fosters relaxation, quiets the mind and helps to reduce stress. When combined, these techniques lead to a meditation that generates a peaceful, energized presence, and an overall "good to be alive" feeling.

Tues. & Thurs. 9:30 to 10:30 am

January 7 – March 24

Classes Open to Public

\$20 for entire series OR \$5 Per Drop-In Session