

# QiGong or Chi Kung Chinese Healing Exercises



Bring balance into ALL aspects of life!

Give yourself the gift of health and wellness. Come and play with the ancient healing art of QiGong and get in touch with your own healing powers to promote relaxation and balance in your body. The classes will focus on QiGong breathing techniques and exercises that eliminate stress, energize and heal.

Other benefits of QiGong practice include: strengthening the immune system, improving overall balance, and **increasing joy. DESTRESS for the Holidays!!!**

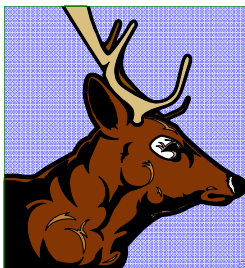
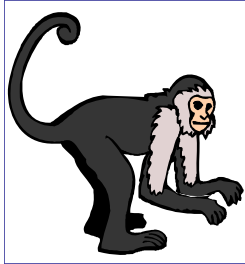


A wonderful introduction to, or compliment to, the study of T'ai Chi Ch'uan.

These exercises strengthen the whole body gently and are simple to learn for all ages and capabilities.

An excellent opportunity for:

- ◆ Seniors or people with physical limitations,
- ◆ People who need to balance Aerobics or weight lifting with internal strength development,
- ◆ Time limited folks who want to learn a simple exercise system to practice anywhere and
- ◆ Anyone wishing to enhance balance in their lives!



## New Classes Offered:

Open to all ages and abilities.

(Children under 12 years, please bring your parents.)

Taught by Master Certified Instructor, Patricia Culotti, CTI, MTF.

**Mondays: Dec 5, 12 & 19, 2011**

**\$15 each or all 3 for \$36.**

**10:30-11:30 am.**

Fee: \$15 per session— includes handouts for take home practice.

Good Harvest Market, Grandview Plaza, 1850 Meadow Lane, Pewaukee.

Registration required. 262-544-9380.

