

# Starting New

# Adult Qigong Class

Marielle Friedman, Instructor

Qigong Level 1 Form - Class starts Wed. June 20<sup>th</sup> 7:30pm

Please sign up if interested:

Name	Email	Cell
_____	_____	_____
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Weekly One Hour Class - \$10 first class complimentary

Registration required by June 15<sup>th</sup> Please call or text cell:

(class size limited) 704-814-1099/704-877-4844: cell

Please wear comfortable clothing, black or white; uniform is ok [www.sangrock.com](http://www.sangrock.com)

classes at: Bangrock Black Belt World 124 W. John St. Mathews, NC 28105

## Qigong Class

Qigong is an ancient Chinese movement meditation that promotes health benefits, increases vitality, and brings about a more relaxed, focused, calm state of mind. These easy to follow, slow moving, flowing exercise postures gently pack in a tremendous increase of oxygen; as "Qi", (or Life Force Energy), is awakened and amplified throughout the exercise.

With a little bit of discipline, one can feel this experience, as the life force energy, or "Qi", swiftly and softly plows through and cleanses cells in every area of the body and mind; making for a better day and a better life. This seemingly passive, yet *transformational* ancient Chinese healing art called Qigong (pronounced "Chee Gung") will be taught here as Level 1 Form.

Please sign form below if interested. Thank you, Marielle  
For more information call: 704-877-4844. We will contact you!

