

Chi Gong

Chi Gong offers a Tai Chi warm-up consisting of a Qigong Tapping technique that opens and energizes the energy meridians to the body to relieve congestion and improve circulation throughout the body. Then, the class continues with Yi Jin Jing Qigong (translates as Tendon and Muscle Strengthening Qigong Exercises). This classic practice benefits the functions of the bodies systems and goes deep to benefit circulation. We also work with the breath which reduces stress and promotes relaxation. These postures are simple, easy to learn, and appropriate for all ages!

Wednesdays & Fridays at 10:30am

Cost is \$7 per class or \$60 for a punch card of 10 classes. All participants must have a Recreation Center Membership prior to taking the class.

Contact Cindy Kienitz at
520-9241 or cpkienitz@earthlink.net
with any questions.

