

Sunday July 10th

A 7 Week Series 10a -11a

Holistic Therapies Classroom
15 South Elm Street
Wallingford

203.294.9791

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www.massage2movement.com

Although Qi Gong is a very gentle form of movement some of the exercises involve standing and bringing the arms overhead or out to the side which can seem challenging for beginners who have developed poor habits of use. This series will focus on developing good use while learning the art of Qi Gong from the perspective of a Feldenkrais Teacher. The students will be gently guided into the sequences with small easy preparatory moves that will gradually expand into the full flow of moving Qi. The series begins July 10th from 10am - 11am and will meet for 7 weeks.

Cost: \$55



Awareness

&

Qi Gong

7 week series

Contact Carol Meade, Certified Feldenkrais® Teacher & Licensed Massage Therapist

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