QIGONG



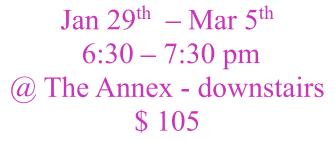


For men & women any fitness level - no experience needed

Qigong is a set of slow, gentle movements that benefit your health and wellness in many ways

- o increased mobility
- o improved focus
- o balance & strength
- o better circulation
- o reduces anxiety
- o moving meditation







Call or email to register mysticbalance@bilozir.net www.mysticbalance.ca