

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

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



Jan 29th – Mar 5th

6:30 – 7:30 pm

@ The Annex - downstairs

\$ 105

403.919.7087

Call or email to register
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www.mysticbalance.ca