FREE ONGOING COMMUNITY

QIGONG

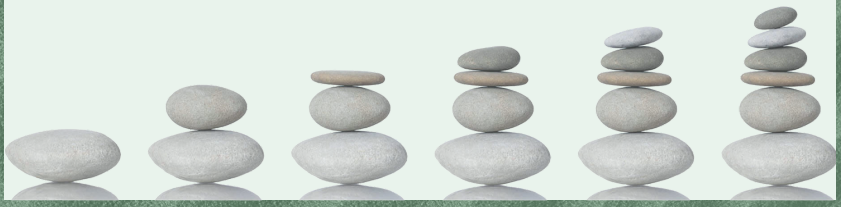
SUNDERLAND LIBRARY

Mondays 10:00-11:00
Wednesdays 4:00-5:00

LEVERETT LIBRARY

Tuesdays 5:15-6:15

Dvora Eisenstein has been a Tai Chi and Qigong student of Master Yang Jwing-Ming for over 30 years and has been teaching for more than 20. Her practice is focused on softness and centeredness.

PRACTICE QIGONG!

- Calm your mind.
- Improve your balance.
- Enhance your health.
- Qigong is an ancient Chinese health care system integrating slow movements, breathing techniques and focused intention.
- Qigong translates as “Cultivating Life's Energy.”
- This practice is suitable for all levels of ability and any age.
- You may join these free classes at any time.