



Qi Gong – Healing Exercise Class

STANDING or SITTING – Kind to all Bodies

First Saturday of each month from 10 to 11 am
\$15.00 PER INDIVIDUAL CLASS - (10-CLASS
PACKAGE \$130)

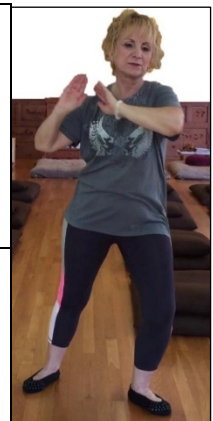
Invite a friend - 1st time 50% off for you & them!

VIRTUALLY ON ZOOM OR MASKED (4 ONLY)
PRE-REGISTRATION ONLY

REGISTER on PayPal at BPTWellness466@gmail.com
OR CALL: 860-589-0444 BY THE THURSDAY
BEFORE

Hun Yuan Qi Gong healing exercise circulates vital energy in all key points of the body, enhancing physical mobility and tissue vitality, thus promoting healthy integration of body, mind and spirit.

QI GONG INSTRUCTOR, Lorein Cipriano
Practitioner of healing Hun Yuan Qi Gong for over 20 years, disciple of
Zhongua, Master of Hun Yuan Qi Gong and Martial Arts Tai Chi



BPT Wellness Center – 466 East St, Plainville, CT 06062 - 860-589-0444