

Introduction to Yang Tai Chi And Kwong (Light) Qi Kung

OUTSIDE SEMINAR!

(Social Distancing and masks please)

Ray E. Storck Park

7020 Clarks Road

\$100 or \$50 if 65+

Saturday/Sunday June 13/14
11-12 (Plus 15-30 minute Q+A)

This seminar will be relaxed and gentle with an easy pace. 10-16 movements of the Yang Tai Chi will be taught as well as the entire Kwong (Light) Qi Kung exercise set. ALL WELCOME

CONTACT:

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