

QIGONG CLASS

an introductory course

at the **Kent Community House** in Kent, CT
in collaboration with Kent Park and Recreation

Wednesday mornings
from 9:00-10:30

October 4th through December 27th

\$200 for three months (13 classes)
or \$80 per month (\$20 per class)

Qigong is a classical method of self-healing rooted in the longevity tradition of old China. Combining gentle physical movement with calm meditative focus, qigong utilizes the principles of Chinese Medicine to bring a whole new dimension to the concept of "exercise." Using the classical forms of the Eight-Piece Brocade, the Five Animal Frolic and some of the more basic movements of Tai Chi Chuan, this class aims to provide an ample introduction to this rich and many-layered practice. No experience is necessary. All are welcome.

please contact Chris at cloudhandy@yahoo.com or 802-349-2725
with any questions or concerns



The instructor, Christopher Kiely, has recently moved to Kent from central Vermont where he has been practicing Chinese Medicine and running a Tai Chi Chuan school for the past 17 years.

www.fallingwatertaichi.com