

AFTERNOON QI WITH TEA

LEADER: ARLYNE HOYT

Sunday, September 13

2:00 – 5:00 PM

Includes tea in the garden

Registration Fee: \$25/person

mutual aid fund and/or work exchange available



Qigong (pronounced “chee gung”) is an ancient Chinese system of gentle movement, breathing techniques, and meditation that cultivates one’s vital energy or qi.

This afternoon provides an opportunity to learn some principles and practices of Qigong including relaxation and centering, breathing exercises, stretching, inner nourishing qigong, more active movements of cleansing, cultivating and circulating qi, and self-massage. Some benefits of Qigong are deep relaxation, increased energy, improved health and harmony of the mind and body.

Please register online or send a check for \$25 to:

DANCING BEAR FARM

208 Dancing Bear Lane ☞ Lewisburg, PA 17837

570-523-0878 ☞ info@dancingbearfarm.org

www.dancingbearfarm.org

Please include your name and contact information.

Driving directions to Dancing Bear Farm will be sent when your registration is received.