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Chi Gong in the Park ~On-going Tuesdays-10-11 am~ Meet under the Redwoods in Fairfax Bolinas Park

(Beginners welcome!)

Chi Gong (Qigong) is the ancient Chinese practice of movement and meditation, deeply rooted in the balance and harmony of nature. **Chi** is the vital life force energy that animates all living beings. Through gentle exercises we learn to cultivate and direct the flow of Chi within ourselves and draw from the Universal Chi all around us. Empower yourself to health!

Join us to flow with the Seasons and begin to harvest our bounty as we move into Late Summer and Autumn.

Chi Gong has long been known to:

- Promote physical and mental health
- Enhance the immune system
- Improve balance and strength
- Benefit all systems, organs and cells
- Create inner peace and joy
- Lead to vitality and longevity
- Relieve pain and stress

THIS CLASS IS OFFERED THROUGH THE TOWN OF FAIRFAX.
TO REGISTER ;

<https://www.townoffairfax.org/departments/recreation/>

Classes are the first 4 Tuesdays of the month. The cost is just \$60



Susan Ezra is a Holistic Nurse and Certified Health Coach, who has been a student of Chi Gong, primarily in the Way of Joy practice, for more than 28 years. Susan would love to share what she has learned with you.

www.susanezra.com

For more info or questions: 415-308-7808. Susan.ezra@gmail.com

Class is also offered on zoom on Sundays at 10-11am.