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Chi Gong Series with Susan Ezra First 4 Sundays every month at 10-11am

(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.

Join Us to flow and grow with the Seasons. And Empower yourself to health!

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

FEE: \$56 / 4 classes, or \$16 per drop in. You can pay on my website on the Events/Workshops page or send a check.

www.susanezra.com



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.

OUR PRACTICE WILL CONTINUE LIVE VIA ZOOM

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