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Chi Gong Series with Susan Ezra ~Sundays, July 9, 16, 23, 30, 2017 ~ 10-11 am

(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! ENJOY practicing Chi Gong in the warmth of summer, under the redwood trees, in the sun!

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: \$48/ 4 class series (that is \$12 per class) If you want to try a class or for drop in - \$15/class.
Please bring payment to class. For more info or questions: 415-308-7808. Susan.ezra@gmail.com



Susan Ezra is a Certified Holistic Nurse and Health Coach, who has been a student of Chi Gong, primarily in the Way of Joy practice, for more than 20 years. Susan would love to share what she has learned with you.

Location: Kenneth Doc Edgar Park in Fairfax
Corner of Cascade and Bolinas Rd
If unsuitable weather, class will be held inside