

# WISDOM HEALING QIGONG with Coleene Frances

*“If you want to live to 100, do Qigong.” Dr. Oz*



**Tuesdays and Saturdays online via Zoom from 10-11:30am MST**

[www.zoom.com](http://www.zoom.com) go to join meeting

Meeting ID: 396 126 5875

Password: Zoom8888

**First meeting Free** | then 20\$ per class or prepaid 60\$ monthly (making each class only \$15)

Create more energy for your life! Heal your body by reducing stress, pain, and disease with Chi Gong. Increase chi (life force energy) removing blockages and stagnant energy through gentle, flowing movements, sound healing, visualization and meditation. It is easy to learn and a joy to practice. As your body self-heals and rebalances, chi flows into every aspect of your being (physical, mental, emotional and spiritual) creating more energy, joy, ease of movement and well-being.

For a sample, paste this Introductory talk & practice in your browser:

[https://us02web.zoom.us/rec/share/5NdLFLrd1k9OH6Pr7VDEQIA\\_G9q8X6a81XIb\\_\\_Jbnx2AYaf20zTR5HGwnL9au22\\_](https://us02web.zoom.us/rec/share/5NdLFLrd1k9OH6Pr7VDEQIA_G9q8X6a81XIb__Jbnx2AYaf20zTR5HGwnL9au22_)