



QIGONG

Movement & Meditation practice

This class is designed to learn a variety of QiGong movement practices and meditations. Based in the principles of Chinese Medicine, we will learn to sense, feel, and tune in to our physical and energy body, as we focus on our posture, breath and intent. This class will have a strong focus on proper posture, alignment and joint mechanics

The Qigong practices being introduced are designed to clear through organ systems, rebalance the meridians, restore posture, mobility, & biomechanics, relieve stress, reduce anxiety, clear the mind, boost the immune system, and calm the nervous system. When prescribed correctly these practices will empower you to regain control of your physical, mental, and emotional health.

WHEN: Tuesdays 10:30am-11:15am

WHERE: APJCC Los Gatos (group fitness room B)

PRICE: Free for APJCC members

\$20 for non-members (first class free of charge)

Please contact Aligned Fitness at (408)-691-2829 or www.alignedfit.com or email lisabethdecker@gmail.com for registration details