

Longevity Qigong Seminar

In this class you will learn what "Qi" is and how it influences your health and well being. You will be given tools to help you understand and self-treat common ailments. We will explore the basic principles that make up Qigong: Posture, Coordinated Breath and a Focused Intention.

- ◆ Compliment your Yoga, Tai Chi, Pilates & Martial Arts Practice
 - ◆ Develop your intuitive healing abilities
 - ◆ Learn the WHY, along with the WHAT & HOW of Qigong
 - ◆ Be inspired by nature and your body's abilities
 - ◆ No Experience required
 - ◆ Bring a mat, if you have one
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WHEN: Every 3rd Saturday of the Month

WHERE: Petaluma Academy of Martial Arts
620 Petaluma Blvd N, Petaluma CA

TIME: 11:30 to 1:30

COST: \$45 Family and Friend Discounts Available



INSTRUCTOR: Sara Valerio
Certified Qigong Instructor and
Medical Qigong Practitioner

TurtleMoonQigong.com
sara @ turtlemoonqigong.com
707-582-1031

Turtle Moon Qigong

