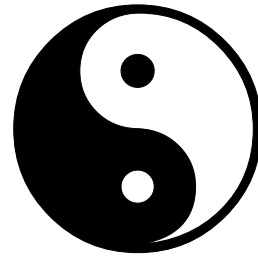


Organ Meditations



November's Special Class will be an introduction to Organ Meditations and the corresponding Qigong-Tai Chi movements that relate to each organ. This class will focus on how we can be more vital, powerful, and healthy in our bodies. The class is open for everyone. No experience needed.

WHEN: Saturday, November 15th

TIME: 11:30am - 12:30pm

INSTRUCTOR: Dan Cuthbertson (Mr. C)

COST: \$30



PETALUMA ACADEMY OF MARTIAL ARTS

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