

Qigong for Health

**PAMA is offering
a new class:**

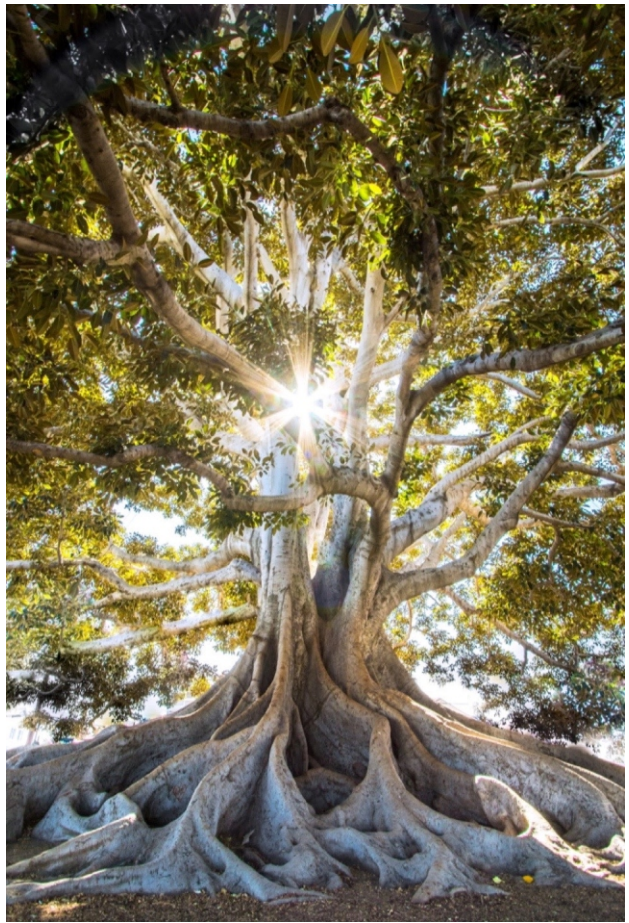
Qigong for Health.

1st Saturday of every month

First Class: Sat, Nov 5th

11:30am-1:00pm

Cost: \$30



The class will focus on Organ Meditations and Tai Chi for optimal health. We will specifically target immune system function and support. As we enter the cold weather of winter, Tai Chi and Meditation are the perfect remedies for the winter blues and Holiday stress. We will practice Meditations for the Heart, Lungs, Liver and Kidneys, as taught to me by Bagua Master, Michael Guen. We will develop a positive mental attitude that recognizes health, not illness. It will be a fun and uplifting class, as laughter is very healing.



PETALUMA ACADEMY OF MARTIAL ARTS

620 Petaluma Blvd N Petaluma, CA 94952

778-1069 www.pamakarate.com