

QI GONG

FRIDAY, JANUARY 12 | 6-8 PM

WITH LORRAINE HUGHES
Certified Qi Gong Instructor



\$30 Registration | \$25 Members

Qi Gong is about getting in touch with your nature, your life force and can assist each and every one of us through change with mindfulness. The movements are fluid and expressed as meditation in motion or by simply standing in place.

The exercises or sets as they are called are highly intentional, and through intention and breath we are able to manipulate the various subtle energies of the body, mind and spirit.

This workshop will be an introduction to those unfamiliar to Qi Gong and also applicable to those who already have a practice. Anyone at any age can practice Qi Gong regardless of their limitations whether mental or physical.

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