

QIGONG CLASS



Offered by:

Mystic Balance Wellness

**For men & women
any fitness level - no experience needed**

Qigong is a set of **slow, gentle movements** that benefit your **health and wellness**

- increased flexibility
- improved focus
- balance & coordination
- better circulation
- reduces stress
- increased energy
- better sleep



Call or email to register

mysticbalance@bilozir.net

403.919.7087

www.mysticbalance.ca

May 7th – June 11th

6:30 – 7:30 pm

The Annex – Conference Room

\$ 105.00

