

# QIGONG CLASS



Offered by:

*Mystic Balance Wellness*

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

Qigong is a set of **slow, flowing practice with gentle movements to help you:**

- Release neck/shoulder tension
- Calm stress & racing thoughts
- Sleep more deeply
- Build steady energy
- Feel ground & focused
- Improved focus
- Balance & coordination
- Better circulation



Call or email to register

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