increase energy
reduce stress
relieve pain

QIGONG

A mind body practice clinically proven by the National Institute of Health – National Center for Complementary and Alternative Medicine.

TUESDAYS 1100–1200
Location: Bldg. 26 Health and Wellness Department

Learn very simple and easy to follow techniques including:
• mindfulness/meditation for healing & stress reduction
• vitalizing gentle fluid movements release body tension
• invigorating breathing exercises for deep relaxation

Taught by: Cassandra Wang, LMT
Must sign-up through: Health & Wellness  619-532-7764