

YOGA-TAI CHI-QI GONG



Come join us at the Hootman Center in Running Springs for a healthy and fun class of meditative movement, self healing, balance and breathing. We will work to integrate our body, mind and soul and vital energy to connect with nature and to enhance our own personal empowerment.

We will have a warm up with Qi Gong, a core with Tai Chi and balance form with Yoga

Mondays 10am to 11am \$5.

Fridays 10:30am to 11:30am \$7.
(beginning in May)

Open to all Levels

You will need:

mat, 2 towels, comfortable clothing and positive attitude
(a chair may be used if you have mobility difficulties)

Line Dance
with us!

Fridays 9-10am
instructors Marie or Susan

taught by:

Judy Pedery-Edwards
Tai Chi instructor for 25 yrs
Qi Gong instructor for 10 yrs
Yoga instructor for 15 yrs

INFO OR QUESTIONS

moonwateraussies1@gmail.com

\$5./class

FREE TO GOLDEN OAK SENIORS members

Classes at: Hootman Center Running Springs
2929 Running Springs School Rd -