



CHAIR *Qigong*

("chee-gung")



Gentle, Rejuvenating Exercise

WE WILL BE HAVING A

FREE

INTRO CLASS



TUESDAY, SEPTEMBER 30

11:30 AM



Folks looking for a high-value, low-stress mind-body exercise will enjoy these classical Chinese health movements, adapted to an easy seated format.



*"the root is centered,
the trunk is supple,
the branches float"*



Numerous studies show that *Qigong* improves flexibility, vital breathing & circulation, cognitive connection, mood and general well-being.



Classes are led by *Joe Pandolfo*

Joe is certified by the American Tai Chi & Qigong Association, with over fifteen years' experience teaching clinical and workplace wellness programs, town senior center and recreation classes, professional continuing education courses, and holistic center workshops. He is also a Public Director with the Connecticut Society of Acupuncturists.



AT THE ASHFORD SENIOR CENTER



Call to Reserve



860-487-5122



Move Gently. Breathe Deeply. Feel Better.

COME TRY IT -
YOUR BODY
AND MIND WILL
THANK YOU!

