

The Coventry Senior Center

NEW FITNESS CLASS

CHAIR QIGONG

Classes led by Joe Pandolfo who is certified as a Level III Instructor with the American Tai Chi & Qigong Association

****All are welcome. No RSVP required.****

Tuesdays at 11:45 AM

October 13th : FREE

October 20th : \$2.00

October 27th : \$5.00

******Bring a friend to THIS class, and you will be entered into a drawing to win a \$20 gift card of your choosing***
At least 20 people need to attend this class for a name to be drawn******

What is Chair Qigong?

Chair Qigong is the seated version of the traditional Chinese art of Qigong — a gentle, mindful practice of fluid, connected movement, breath, and awareness, done from a stable chair to support calm, energy flow, and mobility without standing or balancing



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