



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