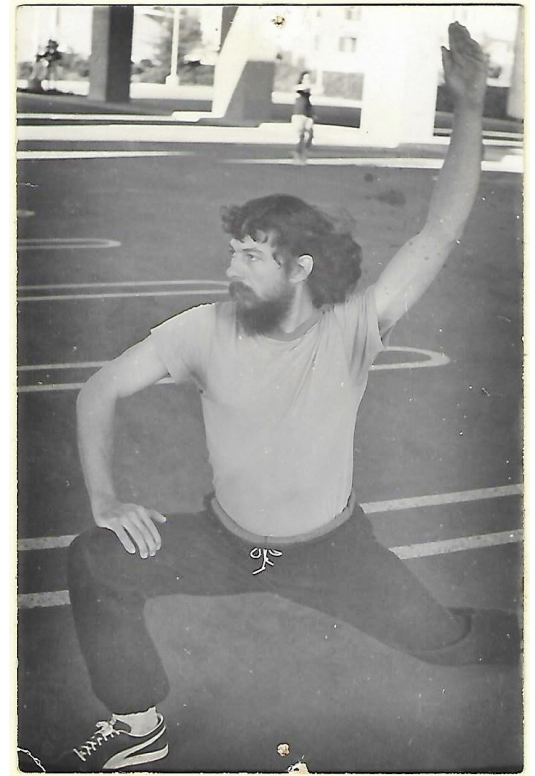


Chi Gong for Beginners - 55 & older - Demonstration & Enrollment *Tues. May 29th*



Instruction will focus on health and vitality, stress reduction, improved breathing, circulation, balance and centeredness.

Forms taught will include Balancing Gong, Taiji Qigong, and the Eight Silken Movements (Pal Dan Gum).



Instructor Robert More learned Tai Chi Chuan in the 1970's from Masters Choi Kam-Man and Y.C. Chiang in the San Francisco Bay area. Decades later, following replacement of both hips, Robert began learning Chi Gong to aid in regaining his health. Now in his 70's, he has decided to share his learning with the community.

1st Course -

16 weeks

1 hour per week

\$20 per month

Contact Robert for Time and Place

541-266-8989

themores@msn.com