

QIGONG FOR ADULTS 50+



“THE REGULATION OF QIGONG”

QiGong (the holistic component Tai Chi) is the core of Tai Chi Chuan.. A strong foundation in QiGong ensures a successful practice in Tai Chi Chuan. SiGung Jon Walker, PhD has studied, practiced and taught Tai Chi/QiGong for over 25 years. His unique method of teaching simplifies practices and techniques to ensure the ease of learning this ancient Eastern art. In this 4 week class, you will:

Learn how to regulate QiGong in the mind, body & spirit!

Enroll for 4 weeks of classes from Mar 20 - Apr 10, 2018 each Tuesday 10-11:00 a.m.

Willingboro Senior Center, 429 JFK Way, Willingboro, NJ 08046

Cut on dotted line below & return below portion with your non-refundable remittance

QiGong for Adults 50+

“The Regulation of Qigong”

Mar 20 - Apr 10, 2018

Name: _____

Address: _____

City/Town: _____ State _____ Zip _____

Phone: (_____) _____ Email: _____

Make our payment of **\$21.33**: Cash Credit Card Apple/Android Pay Invoice Check (# _____)

Make payable to: QISSAGE BODY SYSTEMS, LLC

3 Warwick Rd Eastampton, NJ 08060

For more information, contact SiGung Jon Walker @ (609) 923-4999 or email: yangqichen@aol.com