

QIGONG FOR ADULTS 50+

VESSELS & MERIDIANS: *Roads to Healthy Chi Flow*



The meridians and vessels are the pathways for Chi flow throughout the body. There are two main Vessels and twelve Meridians that govern the chi flow in the human body. When these pathways are filled with Chi, the quality of life is healthy but when blockages occur, health is poor.

In this 4 week class, you will learn:

- *The 2 Major Vessels;
- *The 12 Major Meridians;
- *The 6 Yin Organs;
- *The 6 Yang Organs;
- *How vessels and meridians relate to QiGong and Tai Chi and improve your health.

Enroll TODAY for 4 weeks of classes from June 25 - July 16, 2019 @ 10-11:00 a.m.

Classes conducted at:

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+

“Vessels & Meridians: Roads to Healthy Chi Flow”

June 25 - July 16, 2019

Name: _____

Address: _____

City/Town: _____ State _____ Zip _____

Phone: (_____) _____ Email: _____

Make your 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, PhD @ (609) 923-4999 or email: yangqichen@aol.com