

# QIGONG FOR ADULTS 50+



## ***“APPLICATION OF THE BREATH”***

*QiGong is the core of Tai Chi Chuan. A strong foundation in QiGong ensures a successful practice in Tai Chi Chuan. The Breath is the beginning and the end of Life. A solid foundation in the Breath secures profound holistic benefits and increases the quality of life.*

*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:*

***“Applying the Breath to Activities of Daily Living!”***

*Enroll for 4 weeks of classes from October 2 - 23, 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+

“Applying the Breath to ADL”

Oct 2 - Oct 23, 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](mailto:yangqichen@aol.com)