

Spring Forest Qigong Classes

With Master Healer & Certified Instructor
Rhonda Battisto

2nd & 4th Mondays in Minneapolis!

Learn how to use the power of your breathing, mind and simple movements to enhance and balance the flow of energy in your body. Qigong (pronounced chee-gong) is an ancient Eastern practice which promotes natural, holistic healing. It has been simplified and made available for modern times! With easy, gentle movements, you can balance your personal energy to reduce stress, relieve pain, heal faster, and enjoy better mental focus, strength and vitality. What a great way to start your week! Empower yourself - and bring a friend!! No previous experience or equipment is needed. Dress comfortably; come as you are!

When: 10:30a.m.-Noon on **2nd & 4th** Mondays in 2016

Cost: \$15.00pp ~ Block of 5 *consecutive sessions*: \$60 in advance
(Classes are planned through December 2016. Buy as many blocks as you wish.)

Where: Holistic Gateway Center for Healing Arts

1415 6th Street NE (2nd Floor), Minneapolis, MN 55413



For information on all 2016 workshops, events, retreats, and Rhonda's Woodbury Wednesday practice group, please visit:

www.TheWonderHorse.biz

or email: Rhonda@TheWonderHorse.Biz