

QIGONG HEALING PRACTICE OPPORTUNITY!



Would you like to have more energy? Do you wish to breathe easier?

Do you want to feel better and heal faster? READ ON!

Can You Qigong? Yes, you can!

Qigong (pronounced chee-gong) is an ancient Eastern practice which promotes healing and vitality. It has been simplified and made available for modern times! With these easy, gentle healing movements of Spring Forest Qigong you can balance your personal energy system to reduce stress, relieve pain, heal faster, and enjoy improved mental focus, strength and balance.

Rhonda Battisto, Certified Spring Forest Qigong Master Healer and Instructor leads a weekly practice group which is *free and open to the public*. Please join us in the practice of guided gentle healing movements and guided meditations to promote and enjoy accelerated healing and increased vitality!

Location: Peace of Mind Daycare
9025 Tamarack Road, Woodbury, Minnesota 55125

Day/Time: Weekly, Every Wednesday 6:00 - 7:30pm

Everyone is welcome! Bring friends and/or family members!
No previous experience is necessary; these tools are accessible to all!

Cost: FREE ~ Donations are gratefully accepted

Questions? Please email: Rhonda@TheWonderHorse.biz
Events and healing services available: www.TheWonderHorse.biz

DON'T MISS THIS HEALING OPPORTUNITY!