



Instructor: Heidi Watt

WHAT IS QIGONG?

The Mother to Tai-Chi, it is easier to learn, very gentle, safe suitable for everyone, all abilities & ages!

Come out & join us for this very special & powerful form of self-healing exercise.

Qi Gong

***Qigong Exercise
Class Schedule***

11 am - 12 Noon

UPCOMING DATES

Saturday September 7 Moore Room
Saturday September 14 Moore Room
Saturday September 21 Community Hall
****Special Free Class for All (2pm - 3pm)***
Saturday September 28 Moore Room

Saturday October 5 Moore Room
Saturday October 12 Community Hall
Saturday October 19 Moore Room
Saturday October 26 Moore Room

Moore Room - Wainfleet Arena 31917 Park St. 9 at Hwy#3
Community Hall - The other side of the Parking lot behind Library
More Information Contact: Heidi, Call 905-899-3708