

Shadow Dragon Presents
Gong With the Wind!

July thru September
Summer Seminars
at Different Local PA Parks

Learn Traditional Chinese Medicine
(TCM) Qigong
For only \$15

Qigong is the practice of circulating bio-energy in the human body. You use breathing, postural, and moving techniques to keep your life energy flowing smoothly and naturally. This balanced, gentle, meditative approach to exercise has preventative and self-healing properties that has helped many people live long, healthy lives.

Check on-line, or call, for specific
class content, place, and times.

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