

QiGong for Seniors: "8 Pieces of Brocade"



Learn simple techniques for health and wellness from the art of QiGong. In this four-week session, we will learn 8 simple standing qigong techniques to increase health and wellness from Dr. Yang Jwing-Ming's, "The Eight Pieces of Brocade" and some warm-up techniques from Bill Douglas' "Tai Chi & QiGong."

**Accepting Enrollment
Now!**

**Willingboro Kennedy Center
429 JFK Way
Willingboro, NJ 08046**

**Jun 23 - Jul 14, 2009
Tuesdays
10 am - 11:30 am
Cost Only: \$21.40**

Use the form below to register by mail or Walk-In. For more information: (609) 518-9399

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QiGong for Seniors

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Jun 23 – Jul 14, 2009

Name: _____

Address: _____

City/Town _____ State _____ Zip _____

Phone: _(_____) _____ Email: _____

Make out check/Mo \$21.40 payable to:

"QiSsage Body Systems, LLC"

Circle one of the below methods of payment:

Cash Check # _____ Money Order # _____

Credit Card:

Visa



MC



Discover



Mail remittance & registration to:

QiSsage Body Systems, LLC
3 Warwick Road
Eastampton, NJ 08060