

Days: Tuesdays
Time: 7:30-8:30 pm
Fee: Free for Members
\$10 For Guests

Where: Zoom Online
Who: For all ages

Qi Gong w/Scott

Qi Gong is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises, all designed to enhance the flow of Qi throughout the body.

We will do a sequence of movements called the Shibashi (literally, "the Eighteen"), a gentle, beautiful and flowing routine that is both a joy to do and deeply relaxing.

All Shibashi movement is centered around a face forward position. If you can stretch your arms out to the sides and turn a full circle you have enough space to practice.



Payment is through our website at:
akashayogacenter.com/events
& you will receive the link to join us on Zoom

Please no refunds