

QI GONG

Mind-Body Healing Exercise Class

STANDING or SITTING—Kind to all Bodies!

at

Canton Physical Therapy

40 Main Street, Suite 5 (Upstairs), Torrington, CT 06790

2nd Saturday of each month from 10 to 11 am

\$18 per class (5-Class Package—\$80)

Discount for CPT Patients—all locations

Invite a Friend—1st time 50% off for you & them!

VIRTUALLY on Zoom or Small Class In Person

Pre-Registration Only

on PayPal at Canton Physical Therapy, LLC

or call **860-738-5810** by the Thursday before class

Hun Yuan Qi Gong circulates vital energy in all key points of the body, enhancing physical mobility and tissue vitality, thus promoting healthy integration of body, mind and spirit.

QI GONG INSTRUCTOR—Lorein Cipriano

Practitioner of healing Hun Yuan Qi Gong for over 20 years; disciple of Zhongua Chen, Master of Hun Yuan Qi Gong and Martial Arts Tai Chi

