

FREE Sessions

to Promote YOUR Health, Wellness and Happiness

Wednesdays

at 7:00 p.m.

Join us in the K.I. school wing for classes led by Justin and Sharon Orth for sessions designed to enhance your well being and focus on meditation and easy movements.

Justin and Sharon practice Spring Forest Qigong (SQF), which is focusing on breathing, centering your mind, doing very simple body movements and meditation. It is very easy to learn and practice yet very powerful in its benefits of health, wellness and happiness.

With movements similar to Tai Chi, SFQ focuses primarily on the energy in the body, and spiritual. It is challenging, and it can be done standing, down. Additionally, there is no wrong way to do the exercises; there is only Good, Better, and Best.



The classes will last about two hours and consist of exercising along with International Qigong Master Chunyi Lin, using a DVD, after which we will do a meditation from a CD by Master Chunyi Lin, the creator of SQF.

Come try this class! It is simple yet so very powerful that thousands of students have found the practice life-changing.

No reservations required. All are welcome. Just come join us!