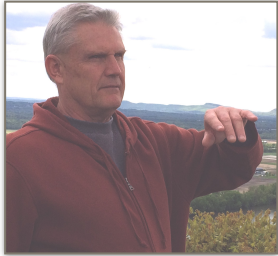


# Tuning In Qi Gong

## Methods, Meditations, & Movements to Evolve Your Soul



### Qi Gong Classes with Bob Lindner

Lessons focus on uncovering and elevating your spirit senses to achieve health on many levels.

Practices cultivate a short path to feeling energy and develop a common sense understanding of **how** and **what** you are doing with qi gong movements and most importantly **why**.

Embody your own life force and gently challenge your personal edges:

- Physical — strength, balance, flexibility
- Emotional — feelings of calm, security, serenity
- Spiritual — connect to nature and your highest life calling
- Artistic — evolve, challenge, and refine your art and gifts

By donation (suggested \$10 - \$20 per class) **Contact Bob at 413-387-7776.**

### Two-Person Elastic Force Energetics with Bob Lindner & Lenny Burlingame



Two-person exercises to experience the nature and application of life force energy. Non-competitive partner drills focus on helping each other gain awareness, sensitivity, skill and well-being. Class material draws from our over 28 years of extensive study, practice and exploration. Appropriate for experienced and novice “energy” players and those who train in martial and other movement arts.

By donation (suggested \$15 - \$25 per class).

Monday		5:30 - 7:00 pm: Qi Gong
Wednesday	8:00 - 9 am: Qi Gong	
Saturday	7:30 - 8:45 am Qi Gong	
Sunday	9:30 - 11 am: Two-Person	



At InBody Movement & Healing Arts  
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