

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

Mondays 5:00 - 6:30 PM

Thursdays 5:30 - 7:00 PM

By donation (suggested \$10 - \$20 per class)

Contact Bob at 413-387-7776.



At InBody Movement & Healing Arts
Tibetan Plaza, 265 Greenfield Rd (5 & 10), S. Deerfield, MA
www.inbodyarts.com www.facebook.com/InBodyArts