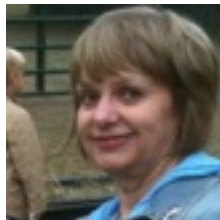




with **Andrea Alto, MAAT**

Certified Spring Forest Level One Qigong Instructor



Andrea has worked in healthcare for over 30 years and holds a Masters of Art in Art Therapy. She currently provides art therapy and Qigong (chee-gong) for Centegra Adult Behavioral Health in/out patient programs.

Qigong will be added to the schedule **FREE** to members.
Another great membership benefit!

Class times starting January 8th:
Sundays 2:15 - 3:15pm
Tuesdays 8-9am

What is Qigong and how does it work?

An easy to follow combination of controlled breathing, focused concentration, and simple movement. Qigong exercises remove blocks and increase the flow of energy through your body. When it flows free, Qi energy heals and restores the body.



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www.akashayogacenter.com

Class requires punch for punchcard holders.