

# TAI CHI/QIGONG CLASS

**WITH SCOTT STAFFORD**

LICENSED QIGONG TEACHER AND PROFESSIONAL DANCER

THURSDAYS 6-7PM  
\$20



SCAN THE CODE  
TO SIGN UP

In this guided practice, we will flow through sequences to:

- Reduce stress
- Support flexibility
- Promote strength & balance
- Cultivate mindfulness & awareness through breath
- Invite a sense of harmony with the flow of nature

Class is modifiable to all activity levels -  
no experience required



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