What:
Qigong enables self-healing while strengthening the body, reducing central nervous system stress, and enhancing mental acuity and emotional stability. It has been shown to “activate the body’s natural self-regulatory healing capacity; balancing the sympathetic and parasympathetic nervous systems.” It is gentle yet powerful, utilizing the principles of Traditional Chinese Medicine. Qigong can be an adjunct treatment for many chronic conditions.

Donations accepted. No one is turned away for lack of funds.

When:
Every Friday – 1:00 pm to 2:30 pm

Where:
Forestville Wellness Center
6550 Front Street, Forestville, CA
(easy to find downtown) 707-887-0290

Who:
Any Community Member

How:
Call the Forestville Wellness Center for more information. First come, first served. Please call to be added to the class roster.