

Qi Gong

with

Gayla Gabriel

Mondays at 4:00 pm



Qi Gong is a powerful yet gentle movement and meditation class that relieves stress, rejuvenates the body, and strengthens your immune function as it helps the body detoxify.

You can stand and/or sit during the class. Please wear comfortable clothes and have a chair or stool close by.

\$10 or by donation.

To receive a ZOOM log in or if you have questions, please send Gayla an email:

gaylassparksoflight@gmail.com

Sparks of Light website:

www.gaylassparksoflight.com