

# Qigong

(Pronounced "Chee-gong", meaning "vital energy cultivation")

*with Reyna Lerma*

## **Weekly Classes**

**Thursdays, 10 to 11:30am**

At our Encinitas location in Suite 103.

Qigong is an ancient health practice clinically proven by modern science to support your body's natural healing abilities & improve overall wellbeing.

Rejuvenate your mind & body with gentle, effective breathing exercises, mental cultivation, and positive affirmation meditations.

- ❖ Wear loose comfortable clothing.
- ❖ You may sit in a chair, stand or lie down.
- ❖ Open to all levels & physical ability.

Open to all San Diego County Cancer Patients.

Orientation class is required for all new SDCRI clients.

**Call the SDCRI Coordinator at 760-536-7679 and sign up today!**