

# Qi Gong

Qi Gong's (Chi Gong) gentle, rhythmic exercises combined with simple breathing techniques become a moving meditation. Although the body is moving, the mind remains centered and calm, creating a dynamic sense of tranquility and internal strength. Qi Gong is uniquely suited to relieving stress, boosting the immune, respiratory and cardiovascular systems, and increasing the body's innate healing abilities. Qi Gong flow routines can be learned very quickly, and they are perfect for people of all ages and fitness levels. This class is specifically designed to cultivate the body's vital energy, using it to heal and strengthen every system throughout the body.



**Thursdays, 8:30-9:30 pm**

Blue Butterfly Yoga & Pilates Centre  
To register call 403-458-2583 or email us at  
[registration@bluebutterflyyoga.com](mailto:registration@bluebutterflyyoga.com)