

*Let the wisdom of the ancients
bring healing and balance into your life through the magical
practice of*

Qigong

Qigong is a powerful Chinese system of healing and energy medicine using breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate the life force energy (qi). Regular practice leads to better health, vitality and serenity.

**Join us for a weekly early Sunday morning practice,
starting November 1, 2009**

7 - 8 AM

3919 West Creek Club Drive

Missouri City, TX 77459

281-261-9591

Suggested Donation: \$10