

Chi Gong

Bolinas Park in Fairfax

10-11 am on Tuesdays (ongoing)

Chi Gong (Qigong), the ancient Chinese practice of movement and meditation, in the balance & harmony of nature. Chi is the vital life force energy that animates all living beings.

EMPOWER YOURSELF TO HEALTH!



Chi Gong has long been known to:

- Enhance the immune system
- Lead to vitality & longevity
- Promote physical & mental health
- Relieve pain & stress.
- Improve balance & strength
- Create inner peace & joy



REGISTER online through Town of Fairfax:

<https://www.townoffairfax.org/departments/recreation/>

Or, drop in \$15. per class

Susan Ezra is a Holistic Nurse & Certified Health Coach, who loves to share her 28 years of Chi Gong knowledge, in the “Way of Joy” practice.



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