

# CHI KUNG

## EXERCISE CLASS

Chi Kung refers to circulating, and working with chi, breathing or energy within the body.

It is practiced for health maintenance, as a therapeutic intervention, and a spiritual path.

**Where:** Minnowarra House, 24 Numulgi St, Armadale

**When:** Tuesdays, 12-1pm, 25th July - 19th September

**Cost:** FREE

**Phone 9497 1413 to register**