



Ramsey Parks & Recreation presents:
Qigong for Health



Begin Healing with Qigong Meditation

Qigong (chee gong) is a wholistic system of exercise that aims to strengthen, stretch, balance and coordinate the body. On more subtle levels, it integrates mind, body, emotions and spirit. The movements are slow, coordinated and rhythmic, synchronizing breath, movement and focus. It is deceptively simple yet can be profoundly healing.

This practice group is led by Peggy Brown, a Spring Forest Qigong Certified Practice Group Leader. Peggy is also a Reiki Master Practitioner and has been working with energy since 2008.

Registration is not required.

Location: Ramsey City Hall

Alexander Ramsey Room
7550 Sunwood Drive NW
Ramsey, MN 55303

Date: Thursdays

Time: 10:30 -11:30 am

Contact: Peggy Brown

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(763) 753-3705

The Alexander Ramsey Room is on the first floor of City Hall, at the east end of the building.

