

February 17, 2018
Presentation
Deepening Our Practice

One of the goals of the Qigong Connection this year is to help you deepen your Qigong Practice, both as a community and as an individual.

To help you do this, we will be focusing three of our Saturday meetings in 2018 to explore energy, grounding, centering, movement, meditation and healing. It does not matter where you feel you are in your practice, either a beginner or a seasoned Qigong practitioner. We will help you to focus on where you want to go with your practice and give you tips on how to help you get there.

Our first meeting is this month during our February meeting. We are excited to support you on your path. As we each walk our individual journeys, we help support everyone on the universal path of peace, health and joy.