



PRACTICE PHYSICAL DISTANCING. STAY HOME IF YOU ARE NOT WELL. WASH HANDS BEFORE AND AFTER ATTENDING ANY PROGRAM.

Qi Gong

Qi Gong is an ancient form of exercise practiced for prevention and healing. Students will combine slow gentle movements, breathing, meditation and visualization techniques with the fundamental wisdom of Chinese Medicine bringing healing, health and vitality. All techniques are suitable for anyone with the desire to participate in their own healing as well as for general health and wellness.

Ages 15+

Thursdays | Sept 24 - Oct 29
6:30 p.m. - 7:30 p.m.
6/\$72 | Code: 29708
Instructor: Rommy Verlaan
Cowichan Lake Sports Arena

Drop-in session online bookings are available once minimum registration is reached. Must register no earlier than 72 hours prior.
1/\$13.00 | Code: 29708

For more information or to register please call:
Cowichan Lake Recreation at 250.749.6742 ext 0

Registration open now!