



QI GONG IS A BEAUTIFUL WAY TO CARE FOR
YOUR MIND, BODY AND SPIRIT.



THE MEADOWS
COUNTRY CLUB

LIVE LONG QI GONG

CULTIVATING, BALANCE, FLEXIBILITY,
AND ENERGY FOR LIFE

Qi Gong provides a mechanism through which one can guide and balance the five elemental energies that compose the human system. By working with the five elements, practitioners are able to restore and maintain the natural equilibrium among the vital energies that govern the internal organs and regulate their related functions and tissues.



STARTING 12 DECEMBER
TUESDAYS AT 10 AM
OUTSIDE THE MCA BUILDING UNDER THE OAKES.

REGISTRATION IS REQUIRED THROUGH TMCC WEBSITE.
CONTACT THE FITNESS CENTER FOR QUESTIONS.

941.404.4055

