



Discover the basic concepts of Qi (vital life force energy).

Qi Gong focuses on slow-flowing movement and rhythmic breathing to promote relaxation and health.

Join us in enhancing your own awareness of your energy!

CONNECT

ENGAGE

BELONG

QI GONG

FREE ONLINE DROP-IN CLASSES

Mondays : **2:00 - 3:00 pm**



Register: northinfo@burnabynh.ca

www.burnabynh.ca

604-294-5444

Burnaby Neighbourhood House is a charitable non-profit organization. We are a community driven organization with a unique focus on Neighbours supporting Neighbours.