



CONNECT

ENGAGE

BELONG

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!

**ZOOM**

**Mondays**

ongoing

**2- 3 pm**

# QI GONG

[www.burnabynh.ca](http://www.burnabynh.ca)

**IN PERSON**

**Thursdays**

Jun- Aug 2022

**9:45 - 10:45 am**

**Willingdon Heights Park**



**Register:** [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca) OR 604-294-5444

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəɬəm), Squamish (Skwxwú7mesh Uxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.