



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!

# QI GONG

**IN PERSON**  
**2055 Rosser Ave**  
**MONDAYS**  
**2:00 pm - 3:00 pm**

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



**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-Wauthuth (ᓗᓯᓯᓯᓗᓗᓗᓗ), Kwikwetlem (ᓕᓴᓴᓴᓴᓴᓴ), Squamish (ᓄᓴᓴᓴᓴᓴᓴ) and Musqueam (ᓄᓴᓴᓴᓴᓴᓴ) nations with a unique focus on neighbours supporting neighbours.