



# Holistic Stretching & Meditation Exercise

“回春功 - Hue Chun Gong”

*By Arsenio Chua*

## Gentle Exercise for All Ages

This slow, soft manner exercise is designed to be accessible to adults, seniors, and elderly seniors who are physically stable. With minimal instruction, participants can easily follow along and gradually understand the movements.



## Benefits

Hui Chun Gong is a self-regulation and body-building exercise that combines motion and inaction to cultivate both the interior and exterior of the body. Experience rejuvenation and potentially feel younger as you practice.

*New Time and Location!*

**Discover Your Inner Peace**

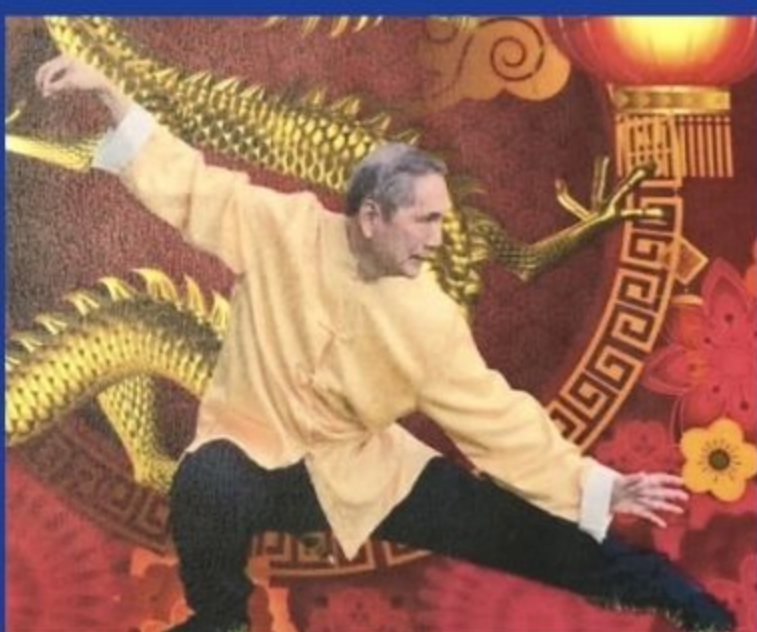
**Fridays: 1:00-2:30 pm**



**Brentwood House**

(2055 Rosser Avenue)

## Learn from a Skilled Master



Arsenio will provide guidance in Mandarin, accompanied by background music. Even if you don't speak Mandarin, you can still follow along and understand the movements over time.

## Registration Information

To register, please email:

**Email:** [annr@burnabynh.ca](mailto:annr@burnabynh.ca)

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵw̱xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.