

Winter Classes at Sun Acupuncture!

Yang-Style 24 Form Tai Chi:

Pam studied Tai Chi with Heather Reade and has studied many styles of Qigong and Asian exercise. Studying Tai Chi with Heather was so much fun, Pam fell in love and wants to continue her study, as well as, helping others learn the beauty of Tai chi. Pam is not a licensed instructor, but has the skills necessary to lead and teach this introductory level class.

Mondays: February 6th - March 26th (8 weeks)

Times: 9am -10am

Cost: \$65

Rise with the Sun QiGong with Dr. Brian

Saturdays - 8:00 - 9:00am
February 11th - March 10th

• 5 sessions - \$25.00

Qigong is an amazing, energy producing Chinese movement technique that is recommended for relaxation, reducing stress and even helping the body rid itself from sickness. Qigong combines focused concentration with simple movements and balanced breathing in a controlled way. It's simplicity makes it easy to learn and easy to do for most people.

Yang-style 24 Forms Tai Chi:

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Wednesdays: February 1st - March 21st (8 weeks)

Times: 7pm - 8pm

Cost: \$65

Set with the Moon QiGong with Dr. Brian

Tuesdays - 6:30pm - 7:30pm
February 21st - March 20th

• 5 sessions - \$25.00

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Limited space - Call Sun Acupuncture and Register Today!



952-935-0600

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www.sunacupuncturemn.com