

Inner Alchemy Center Presents

Qigong For Health & Longevity

With Tom Leichardt, DMQ (China)
Doctor of Medical Qigong

Weekly Class

Meets every Friday for 6 weeks:

April 2, 9, 16, 23, 30, March 7

1 PM - 2 PM

Campbell Location (see below)

This series of 6 classes presents a wonderful journey into the deeply transformative practices of ancient China. Together we'll explore these powerful movement meditations that increase health, well being, energy, vitality, and mind concentration; while reducing stress, tension, fatigue and burnout. This six week course will provide tools for intelligently dealing with low energy, brain fog, the accumulation of negative emotions or other negative states, while focusing on increasing energy, rejuvenation, relaxation, and energetic perception.

Cost: \$100 for entire course (6 classes)

Gyalwa Gyatso Buddhist Center

1550 La Padera Dr.,

Campbell, CA 95008

www.gyalwagyatso.org

Please RSVP: class size is limited to 10 participants

Sharon Allen: (408) 730.2293 or sharallen@comcast.net.

Tom Leichardt: (408) 772.6009 or qigongalchemist@gmail.com

www.InnerAlchemyCenter.com