

Ramsey Parks & Recreation presents:

Qigong Meditation



Begin healing with Qigong meditation

Qigong (*chee-gong*) meditation is a simple and effective method to help you heal physically, emotionally, mentally, and spiritually. Qigong means “working with your energy.” Through gentle moving and sitting meditations you can gain relief from pain, sickness, depression, and anxiety.

Class is taught by Greg Hegi. Greg began teaching after he discovered the benefits of qigong for his own personal healing. He also teaches with Buffalo-Hanover-Montrose Community Education. He is a teaching and healing member of the National Qigong Association.

Registration is preferred but not required

The Lake Itasca room is on the first floor, next to the licensing center. If you have trouble finding the room, feel free to ask the front desk.

Event:

Qigong Meditation

Location:

Ramsey City Hall
Lake Itasca Room
7550 Sunwood Drive NW
Ramsey, MN 55303

Date:

Thursdays,
January 3—December 26,
2019

Time:

10:30 am—11:30 am

For more information:

qigongwithgreg@gmail.com
763-213-7692

