

QIGONG for Health and Well-Being

Classes will be led by Julie Interrante, MA, Certified Holden QiGong Instructor

QiGong is a great workout. It is a way to clear any stress and tightness in the body. It builds strength and flexibility and promotes health, vitality, balance and well-being. It is also a form of moving meditation that helps you connect with the present moment.

Tuesday mornings 9:00am – 10:00am

Starting January 7

2115 6th Street Sacramento 95818

To register:



FREE

