

8 Treasures Qi Gong



Roberto Masferrer is a certified qi gong instructor through the Ling Gui School of Qi Gong and is the owner of Kumo Acupuncture and Oriental Medicine.

When: Mondays at 7pm from 8/13 through 9/24, 2018.

Where: Pioneer Park, WW

Cost: \$50 (series), or \$10 drop-in

Please Contact Roberto to sign up, or if you have questions about the class.

503-318-9490

Qi Gong is an ancient form of moving meditation. In this series I will introduce a wonderful standing form known as 8 Treasures. This form strengthens the body, nourishes the internal organs, and calms the mind and is an excellent form for anyone seeking to improve their health.

This is a beginner's class but all skill levels are welcome. The class will be Monday evenings at 7pm. Beginning August 13th and going through September. We will meet at Pioneer Park, near the gazebo. Drop-ins are \$10 each, or \$50 for the series.

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