

*Destinations  
Yoga Studio*



717-556-0276

[www.destinationsyoga.com](http://www.destinationsyoga.com)

# 氣功 Qigong ... a Daily Practice

Join Mark R. Reinhart for this 9 week exploration of Qigong (chi gong). During the 9 weeks you will not only learn a complete Qigong Routine for Daily Practice, but receive valuable teachings on the basic concepts and principles at the heart of Classical and Traditional Chinese Medicine. Topics to be covered will include:  
Understanding Stress - Chinese Dietary Principles - Five Element Energetics -  
Static & Moving Meditation - Emotional Balancing -  
and much more!



**Mark R. Reinhart**  
三清河道 馬克永學

Practitioner of the energetic arts for over 50 years  
Extensive and ongoing training in all aspects of  
Classical and Traditional Chinese Medicine and numerous styles and systems of Qigong and Taijiquan  
for more information visit:  
[threepureivers.com](http://threepureivers.com)

**Friday Evenings - 6:30 - 8:00 PM**

**August 4, 11, 18, 25**

**September 1, 8, 15, 22, 29, 2017**

**Cost: \$175.00**

*Sessions will be held at*

**Destinations Yoga Studio**

**The Inn at Leola Village**

**38 Deborah Drive**

**Route 23**

**Leola, PA 17540**

**Call to Register**

**717.556.0276**