

# THREE PURE RIVERS STUDIO FOR THE ARTS

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SEASONAL QIGONG PROGRAM - FALL 2014

## Balancing **The Scales**

Tuesday Evenings 7:30 - 9:00 - September 16 thru November 4

Cost: \$120

### **Weight Regulation From the Chinese Perspective:**

- ☯ Emotions /Environment/Stress
- ☯ Energetics of Food
- ☯ Self-Diagnosis
- ☯ Meditations
- ☯ Qigong Sets for detox - strength - cardio-vascular

## Balancing **The Scales**

This Eight Week Program runs  
Tuesday September 16, 2014 thru Tuesday November 4, 2014

Classes will be held from 7:30 - 9:00pm at

**THREE PURE RIVERS STUDIO FOR THE ARTS**

**18 RITTENHOUSE PLACE**

**P O BOX 402**

**DRUMS, PA 18222**

Price includes the 8 ninety-minute sessions plus 2 free one-hour Qigong classes

*Must be paid in full before class begins. No refunds after class begins.*

*Space is limited - call to register 570.359.3059*