

Blue Dragon School of Martial Arts

**Watch Stress & Worry Melt Away!
Learn to Relax Deeply and Boost Your Energy Level!**

Special 5-Week Beginner Chi Kung Class

**Tuesday Evenings 8:30pm-9:30pm
Starting October 27, 2009 thru November 24, 2009**

Chi Kung (Qi Gong, pronounced "Chee-Gung") is similar to T'ai Chi in its slow meditative movements but is far more powerful in its ability to promote deep relaxation and energy circulation.

In this program, designed especially for beginners, you will be led through a series of slow movements that will gently exercise all of the muscles and joints in your body.



Chi Kung is one of the most efficient health systems there is and is known for its ability to improve Focus, Balance & Memory while Reducing Stress and helping Lower Blood Pressure.

Why not treat yourself to a healthy new experience that will leave you feeling younger, stronger and rejuvenated?



Location: Blue Dragon School of Martial Arts
53 South Washington Ave.
Bergenfield, NJ 07621

Time: Tuesday evenings 8:30pm to 9:30pm
(Starting Oct. 27th thru Nov. 24th)

Fee: \$50.00 REGISTER by October 20th!
Space Limited!

Contact Information: Call Ms. Moschetto at
(201) 385-3130



Registration Form (Cut out and mail in)

Name ----- Age(18+)-----

Address -----

Phone ----- Email -----