

Tom Pasley and St. Louis Qigong Present: **WuLong - 5 Dragon Qigong**

This form facilitates a deeper connection between the body's organs and the five elements of Chinese medicine. We will explore both the standing and seated versions.

- 1. Black Dragon clearing the Clouds**
- 2. Blue/Green Dragon observing the landscape**
- 3. Red Dragon Soaring in the sky**
- 4. Yellow Dragon wagging it's tail**
- 5. White Dragon piercing through the fog**

*Class Requirements: Wear loose comfortable clothing.
Dvd of exercises will be available*

Location: Maryland Heights Community Center
2344 McKelvey Rd
Maryland Heights, MO 63043

Time: Wednesdays 6:30 - 7:30 p.m.
Dates: April. 11 - May. 16

\$42/resident \$48/non-resident

Call and Register Today!
(314) 738-2599