

Tom Pasley and St. Louis Qigong Present: **JianGan - Chinese Wand***

***Bamboo Staff**

The Chinese Wand exercises were at one time available only to Chinese royalty. Teachers and members of the royal court vied for the coveted position of teaching these very special exercises, reserved only for society's most upper class.

- * Gently move almost every muscle and joint.**
- * Incorporate powerful tai chi breathing techniques.**
- * Strengthen your back.**
- * Reduce pain.**
- * Become more present and focused.**
- * Reduce stress levels almost instantly.**
- * Worry less and live in gratitude.**
- * Breathe more deeply and fully all the time.**
- * Improve flexibility, strength, circulation and balance.**

Class Requirements: Wear loose comfortable clothing.

If you have a Yoga mat, bring that as well.

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: Feb. 29 - April. 4

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

Call and Register Today!

(314) 738-2599