

October 25 4:30 – 6:30pm

405 – 65 Wellesley St. East, M4Y 1G7

The Art of Qigong

Come and find out about the amazing benefits of keeping up a simple practice of Qigong for health preservation, energy development, relaxation, rehabilitation, and mindfulness.

Sponsored by Sagrario Pilates

Space is limited. Please email info@sagrario.ca to register and secure a spot. Cost: \$20