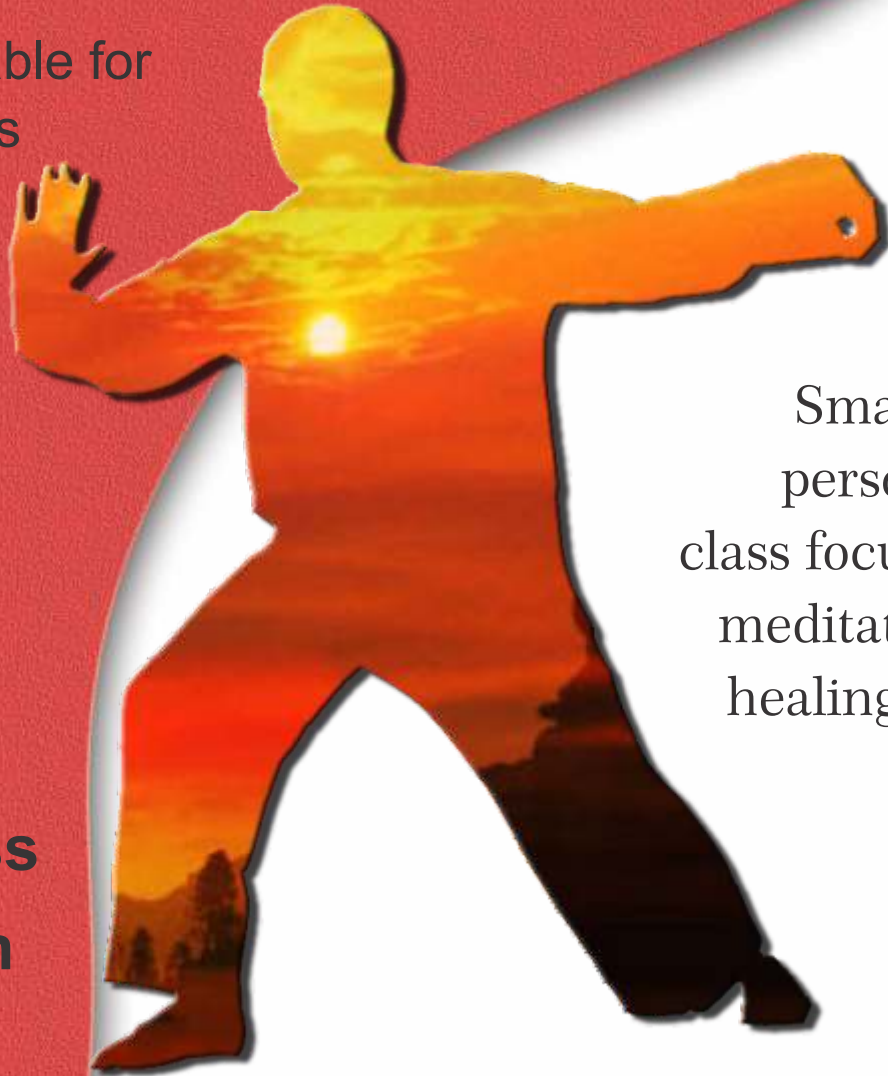




Chi Kung

Mind, Body and Spirit

Chi Kung is suitable for people of all ages and all levels of physical fitness.



Small group personalized class focusing on meditation and healing energy.

Health

Balance

Flexibility

Low Impact

Reduce Stress

Co-ordination

Relaxation

Ongoing Classes

Tuesday 6:30pm -7:30pm \$10/class

**Kawartha Hoshin Training Centre
705-878-0540 ~ khtc@nexicom.net**



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Tuesdays 705-878-0540
6:30 -7:30pm \$10/class khtc@nexicom.net



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