



Seated Qigong Class Series

with Sheila Scarpulla



Qigong, pronounced "chi gong," cultivates life-force energy. It is a balance of mindfulness, gentle, easy movement & deep breathing.

**5-week class series on Fridays
from 3:00 PM-4:00 PM in the Meeting Room
April 19, 2024 through May 17, 2024**

Wear comfortable clothing for movement.

- Learn simple moves to open, stretch & strengthen the body to release physical blockages.
- Connect to the natural rhythms of our bodies & to peace of mind.
- This seated routine is designed to reduce stress and increase your energy levels.



**Register online; scan the QR code
or access through the Library's calendar.
Space is limited.**

Note: You are registering for the entire series.

<https://waynepubliclibrary.libcal.com/event/11566384>

For more information,
contact Patty Slezak @ 973-694-4272 5401.

Wayne Public Library 461 Valley Road, Wayne, NJ 07470

