

Qi Gong



Qi Gong: The literal translation of qi gong is “energy work.” It is an Asian form of yoga that has been around for thousands of years. Much of it is performed while standing. The guiding principle of all these practices, however, is the coordination of the eyes with the body movements, the focus of the mind, and the breath, especially for the moving practices. For the more passive, non-movement exercises, we focus the vision inward and explore the inner realms as we guide the breath to various inner chambers.

Beginners are Welcome!

Day/Time: *Fridays* – 9:00am

Virtual Class only

Registration is required. You must sign a waiver.

No charge. No prior experience necessary!

Virtual Class Instructions: To receive an invitation email, meeting login credentials and any further instructions; please email your registration request: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services
Senior Health & Fitness Program**