Qigong Classes

Fridays @ 5:00
Buck Health & Fitness Center, Room #213

The primary focus of these weekly classes will be two different Qigong sets: the Hunyuan "Primordial" Qigong of Feng Zhiquang and the Spring Forest Qigong Active Set created by Chunyi Lin. Feng's set is unique in its comprehensive scope, known for its simplicity and accessibility. Master Lin has developed a wonderful set for cultivating qi, opening the channels, and vitalizing/healing the internal systems.

Class fee for the college community: $40/month; students-$20/month; non-win friends & surrounding community $60/month

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